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16 ACTORS — WHERE ARE THEY NOW? PAGE 23

Sgt. Surly demoted to Const. Quiet

Officer who sent insulting tweets to ombudsman and councillor pleads guilty to discreditable conduct PAGE 8

A cook, a Coke and cold hand in the deep

Man found alive after three days on the ocean floor, trapped in an air pocket in a sunken tugboat PAGE 15

Maple Leafs their own worst enemy

Series of penalties keep Toronto from mounting an offence against the Sharks, prompting 4-2 loss PAGE 38

Daycare beware — Ont. takes off the kid gloves

New regulations.
Government plans to make it much easier to crush illegal daycares

Ontario is tightening the rules governing unregulated daycares and throwing the book at those that flout the law.

Under the Child Care Modernization Act introduced Tuesday, the province would be able to immediately close a daycare where children are at risk without needing to go to court.

In addition, the act would allow ministry officials to levy penalties of up to $100,000 per infraction against caregivers running illegal daycares.

"It's really very onerous under the current act to get any sort of penalty, and then the penalty isn't worth much," said Education Minister Liz Sandals in a statement. "That has got to change."

The proposed legislation would also take away the financial incentive of remaining unregulated. Under the act, anyone providing care for more than five children under age 10, including their own children, would require a licence.

Unregulated caregivers would be further restricted by only being able to care for two children under age two, as is currently the law for regulated home daycares.

"When parents drop their children off for child care, they want to know they're in a safe nurturing environment, regardless of whether they are in licensed or unlicensed care," said Sandals.

"They also need to know that the government will be able to intervene when a child's safety is at risk," she said.

The new legislation exempts family members, nannies and occasional babysitters from requiring a license. Play areas in stores, day camps and recreation programs would also be exempt.

TORSTAR NEWS SERVICE

Maximum fines

$250K

Maximum fines would rise from $2,000 to $250,000 under the proposed act.

MAYOR FORD IGNORED

Premier Kathleen Wynne meets with Deputy Mayor Norm Kelly and answers media questions at Queen's Park on Tuesday. Despite being politically emasculated, Mayor Rob Ford was defiant when asked about the Wynne-Kelly summit. See story, page 3. VINCE TALOTTA/TORSTAR NEWS SERVICE

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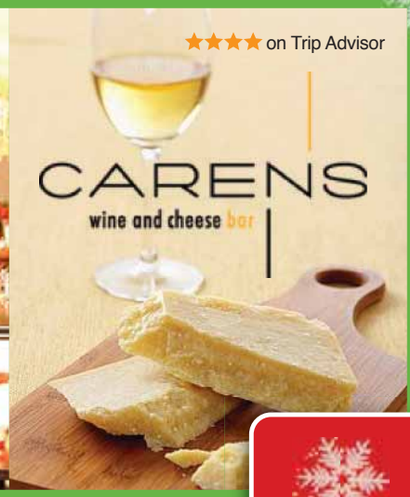

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Work of art

Memorial pays tribute to victims of child abuse

Michael Irving with his child-abuse memorial.
CARLOS OSORIO/TORSTAR NEWS SERVICE

Days after Martin Kruze — saddened and outraged at the short prison sentence of his abuser — jumped to his death off the Bloor Viaduct in 1997, Michael Irving approached his casket and set to work.

With the help of Kruze's two brothers, the sculptor and psychotherapist spent hours massaging the rigor mortis out of his hands.

Kruze, who had publicly come out as one of many men who had been sexually abused as a child by Gordon Stuckless at Maple Leaf Gardens, had always wanted to be part of Irving's memorial to child-abuse victims, in the hopes that his story would help others deal with their own trauma.

Following his suicide, the Kruze family contacted Irving, and the final result was a cast of Kruze's hand, placed in a square on the monument with a bronze likeness of Kruze.

Kruze's square is one of about 300 on Irving's 11-feet-by-30-feet memorial, nestled among squares featuring casts of hands of many other child-abuse victims and their loved ones.

Irving hopes to donate his memorial to the province and have it placed at Queen's Park.

TORSTAR NEWS SERVICE

Wynne snubs Ford for deputy mayor

Queen's Park. Mayor complains of being marginalized as premier and Norm Kelly meet behind closed doors

Quoted

"I've called the premier last month and asked for a meeting; for whatever reason, they didn't want to meet with me." Mayor Rob Ford

Premier Kathleen Wynne and Deputy Mayor Norm Kelly on Tuesday further sidelined scandal-plagued Mayor Rob Ford by holding a cordial, largely symbolic meeting at Queen's Park.

"We want to have a good working relationship and today was the beginning of that," Wynne told a massive media throng outside her office in the legislative assembly.

Kelly said he wanted to let Wynne know "that she has a stable, reliable partner" in the City of Toronto.

"At city hall, we now have a stable, calm and reasonable government," the deputy mayor said, noting transit and social housing were discussed during the 40-minute closed-door session.

"It's not symbolism. This is work that has been assigned to us and we're going to do it as expeditiously and as conscientiously, as productively, as possible," he emphasized.

The meeting was the first between Wynne and Kelly since city council last month voted overwhelmingly to strip Ford of most of his powers and much of his office budget in the wake of the crack-smoking scandal.

Despite being politically emasculated, he was defiant when asked about the Wynne-Kelly summit.

"I've sent my letter and I think my letter was pretty straightforward," Ford said, referring to a letter of complaint he sent Wynne on Monday.

"I've called the premier last month and asked for a meeting; for whatever reason, they didn't want to meet with me. That's fine. That's their prerogative. They can go ahead and meet. Last time I checked, I was elected as mayor. And that's all I have to say," he said.

In his letter, Ford told Wynne he believed "it would be most appropriate for you to meet with the elected mayor of Toronto on these matters, which affect our city as a whole," given that he was the "elected representative of Toronto residents and chief executive officer of the City of Toronto."

TORSTAR NEWS SERVICE

Ticketless woman scores $50M

Kathryn Jones and her husband, Richard, had plenty to smile about Tuesday when they were named the winners of a $50-million Lotto Max prize. An unbelievable set of circumstances came together for Jones, who won with an unclaimed Lotto Max prize drawn a year ago — a win for which she had lost the ticket and never checked the numbers. The Hamilton woman had absolutely no clue when OLG officials showed up at her door a while back wanting to talk to her, she said Tuesday at a news conference at OLG headquarters in Toronto. Go to metronews.ca for the full story.

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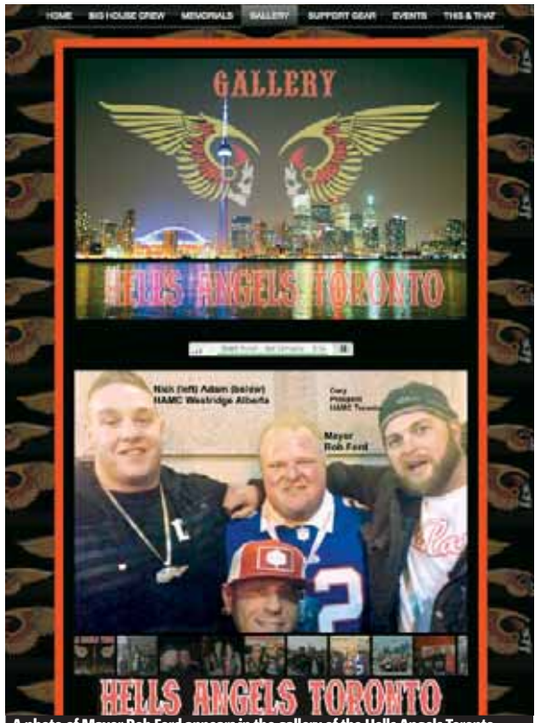
Ford says he was unaware photo was with Angels

Seriously? Picture of mayor with Hells Angels sideswipes toy drive press conference



A photo of Mayor Rob Ford appears in the gallery of the Hells Angels Toronto website. Two men are identified as being either members or prospect members of the Hells Angels. One is wearing the insignia of the organization around his neck.
TORSTAR NEWS SERVICE

Rob Ford had wanted to talk about the launch of his third annual holiday toy drive, but by the question-and-answer period of the press conference, the mayor was stuck explaining why he'd been photographed alongside two alleged members of the Hells Angels motorcycle gang.

"I take pictures with every single person that wants to take a picture with me. So if they put it up on the website what can I do? I wasn't aware that I was taking a picture with the Hells Angels," Ford said.

The photo was snapped at the Buffalo Bills game on Sunday and has since been posted on the club's Toronto chapter website. It shows Ford smiling in his blue Bills jersey alongside three men who are identified as "Nick" and "Adam" from the Westridge, Alta., club and "Cory," a prospective member in Toronto.

"I took probably ... close to a 1,000 pictures before the game, during the game at half time, up in the box that they put me in, after the game. How am I supposed to know who's who? Seriously?" Ford said. "I don't check for people's credentials and ask for resumés before I take a picture."

This is Ford's third toy drive since taking office and last year's was even more awkward. At 10:30 a.m. on Nov. 26, 2012, Justice Charles Hackland's conflict of interest ruling was released. The judge found Ford had broken the rules and would have to leave office. Two hours later, the mayor told reporters he would be appealing and that his supporters could count on him to fight "tooth and nail" to keep his job.

Shortly after, Ford headed to the city hall rotunda to kick off the toy drive, while a group of preschoolers looked on. This year, no children were invited. City staff was concerned for their safety given the media attention around the mayor.

The toy drive runs from now until Dec. 24. **TORSTAR NEWS SERVICE**

Education

Advocates buy ads in drive for sex ed

In a last-ditch bid to push Queen's Park to update its outdated mental health and sex education curriculum in time for next September, a coalition of health and education experts has bought newspaper ads running this month across the province, for which it raised $20,000 by crowd-funding.

"Over 2 million students are being taught from a curriculum that has not been updated in over 15 years ... they need the revised health and physical education curriculum now," reads the ad, sponsored by OPHEA, a coalition of more than 50 hospitals, youth advocates and educators (formerly the Ontario Physical Health Education Association).

But the province shelved the fresh curriculum more than three years ago after some parents complained about what they felt was sexually explicit material covered earlier than they felt was appropriate, despite broad support from health professionals.

Education Minister Liz Sandals has said only that the province plans to consult more widely with the public, but has given no indication when or how that will begin.

Meanwhile OPHEA executive director Chris Markham said Ontario students are being taught health with the oldest curriculum in Canada, and if the new program is not given the nod this month, it's unrealistic to expect it to be in schools by next fall.

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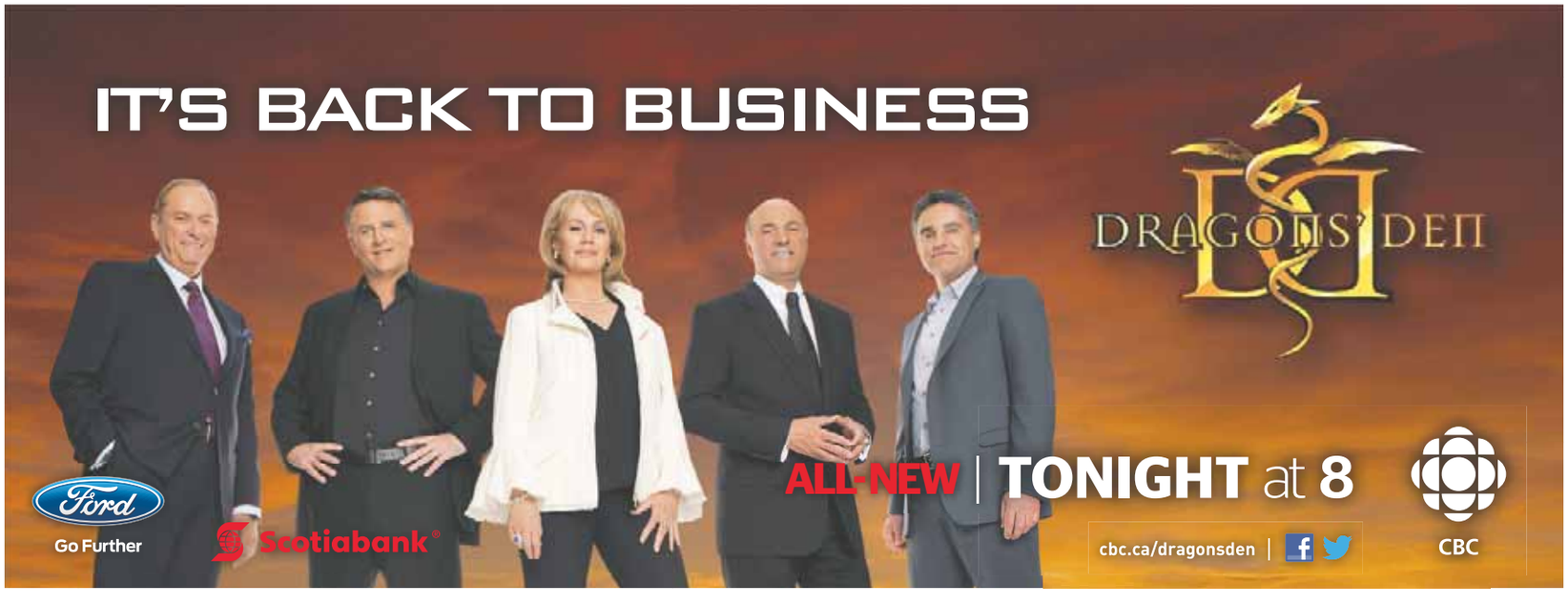
Art attack

Toronto artist Viktor Mitic, who uses bullet holes and gun powder burns as metaphors for gun culture statements, takes dead aim at a painting of Toronto Mayor Rob Ford at an undisclosed location near the GTA. On Thursday, Mitic's work will be on display at the De Luca Fine Art Gallery, 217 Avenue Rd., in an exhibition called Point Blank — The Art of War. The artist will be on hand to discuss his unique creative process. Aside from the Rob Ford portrait, Mitic's latest work also includes Black and White Together, Forever, a portrait of the Afro-American teenager Trayvor Martin and his killer George Zimmerman. The exhibit runs until Dec. 28.

PHOTOS BY TOM PANDI/FOR METRO



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Cop who sent offensive tweets to ombudsman, councillor demoted

Disciplinary hearing. Constable called officials 'douche bags' after Sammy Yatim tweets

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

A Durham Regional Police Service financial crimes investigator who sent offensive tweets to Ontario Ombudsman André Marin pleaded guilty to discreditable conduct Wednesday and began serving his sentence, a nine-month demotion to the rank of constable.

Const. Jeff Caplan was a well-respected sergeant investigating fraud for the DRPS last July when a Toronto police officer shot and killed 19-year-old Sammy Yatim on a streetcar.

Toronto Police Service officer James Forcillo is currently awaiting trial on a second-degree murder charge for the shooting.

In the controversy that followed the shooting, Caplan sent offensive tweets to Marin and Coun. Janet Davis about their statements on the shooting, which included calling both "douche bags" and saying Marin was "a carded member of Al Qaida."

Caplan tweeted at Marin the morning before Marin held a press conference to announce his investigation into police use of force, sparked by the Yatim shooting, telling him, "Why don't you stick your big french nose up you're a** instead of business it doesn't belong."

Caplan sent the tweets via the account @joeymayo. The ombudsman's IT staff uncovered the account's former name, which was that of a different DRPS officer. The ombudsman publicly, and mistakenly, accused that officer of sending the tweets.

Const. Jeff Caplan, just demoted from the rank of sergeant, leaves his disciplinary hearing on Tuesday. JESSICA SMITH CROSS/METRO

Caplan has since admitted he was behind the tweets, apologized and pleaded guilty to discreditable conduct.

He also admitted to setting up the account in the other officer's name as a workplace prank.

According to a statement of facts read at the hearing, as a result of the false public accusation, the officer suffered in his personal and professional life, which included disturbing emails and phone calls, including one that urged him to harm himself.

Caplan's lawyer, Joe Markson, said the nine-month demotion to first-class constable will cost Caplan $35,000 in salary and mark his police record.

DRPS Professional Standards Insp. George Dmytruk, who investigated Caplan, said the tweets were an embarrassment to police, and that they came as part of the emotional upheaval the shooting of Sammy Yatim caused for many police officers.

"This officer is a compassionate officer in general and he certainly supports his colleagues.... He reacted to the fact that the councillor and the ombudsman were quick to comment on the shooting," he said.

Hot-headed tweet

"It's still inappropriate, unprofessional and stupid on his part, but that's why he reacted."

DRPS Insp. George Dmytruk on the tweets to which Const. Jeff Caplan was responding.

KIRSTINE STEWART
Head, Twitter Canada

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Bill to increase MPs' power gets thumbs-up

Reform Act tabled.
Grits and NDP say they would support Conservative MP's bill

A Conservative MP's provocative new bill to rebalance power between MPs and party leaders has gotten an early thumbs-up from the NDP and the Liberals.

With a number of Michael Chong's Tory colleagues already supportive, the measure could have serious legislative legs.

Among other things, the bill would give party caucuses the explicit right to review and oust their leaders.

Liberal Leader Justin Trudeau tweeted Tuesday that he shared the goals of Chong's proposed Reform Act of 2013.

NDP reform critic Craig Scott said he will personally support the bill and MPs in his party will be allowed a free vote on the legislation.

He said his leader, Tom Mulcair, "wants a system that's fair, where prime ministers actually don't have the kinds of levers of power that have been abused under Stephen Harper and have been used in ways that frankly aren't all that justified by previous prime ministers."

Chong is a moderate, popular Ontario MP with a long history of promoting stronger responsible government.

Conservative supporters included Alberta MP James Rajotte, Ontario MPs Larry Miller and Stella Ambler, and Ontario Sen. Hugh Segal.

Green Party Leader Elizabeth May and Independent MP Bruce Hyer rounded out the cheering section.

"It depends on whether Mr. Trudeau and Mr. Mulcair will allow their caucuses to vote for democracy," May said of the bill's prospects.

A Conservative source estimated that up to a quarter of the caucus could back Chong's proposals.

The legislation would not come into effect until after the 2015 election.

THE CANADIAN PRESS

How it works

Reform Act's nuts & bolts

The bill would give party caucuses in the Commons the right to vote to review the party leader and to trigger a leadership race.

As well, the bill would entrench in the Parliament of Canada Act the right of a caucus to review, eject and readmit MPs.

They would also have the right to elect and eject their caucus chair.

The third part of the bill would give electoral district associations the power to approve electoral candidates. Nomination papers would no longer require a leader's signature.

These measures would theoretically embolden MPs to vote as they want in the Commons, without fear of being turfed from caucus.

Funeral for teens killed in tragic crash

Pallbearers carry a casket at the funeral on Tuesday for four teenagers killed in a highway crash, in Cap-Pelé, N.B. Justin Leger, Sebastien Leger, Justin Brown and Luc Arsenault died when their car crashed into a culvert and rolled several times in nearby Notre-Dame early Saturday. ANDREW VAUGHAN/THE CANADIAN PRESS

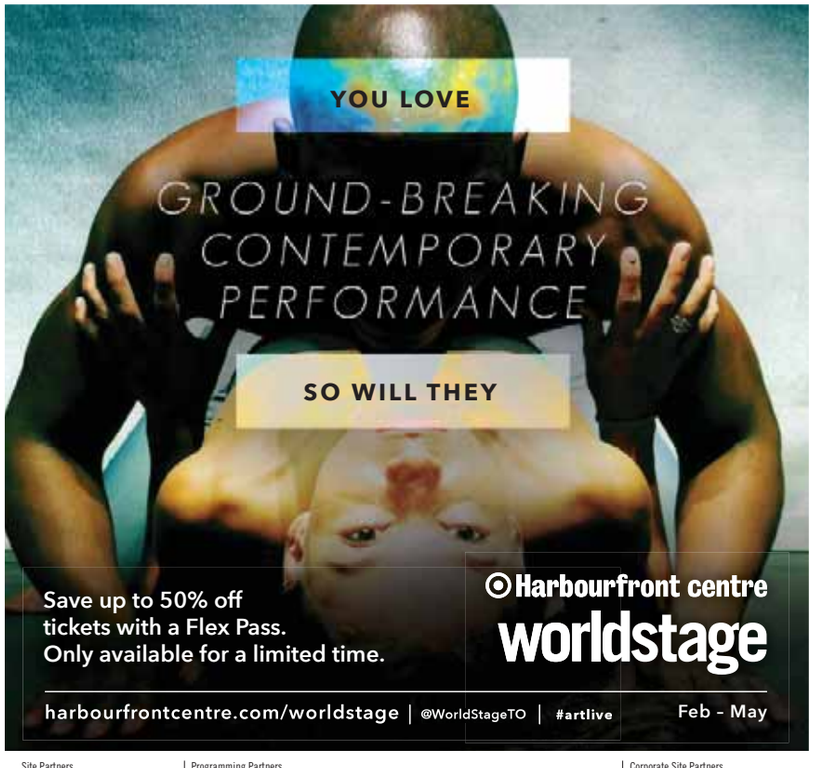
Canadian teens' math scores tumble

A new international study ranks Canadian students among the top of the class in key subject areas, but there has been a noticeable decline over the years in math and science scores among the country's pupils.

Canada was among 65 countries and economies participating in the assessment by the Organisation for Economic Co-operation and Development, which takes place every three years. Findings of the OECD's Programme for International Student Assessment from 2012 were released Tuesday.

The average estimated score in math was 494. Canada had 518. Shanghai, China, topped the list in math with an average of 613. Canada was also outperformed by Singapore, Hong Kong, Chinese Taipei, Korea, Macau, Japan, Liechtenstein and Switzerland.

THE CANADIAN PRESS



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Mies Julie by Yael Farber/Baxter Theatre Centre. Photo: Mark Wessels

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Warming woes

Abrupt, random climate change a concern: Panel

A panel of scientists advising the U.S. government says the world needs to worry more about hard-to-predict sudden changes from global warming than it does about the bigger but more gradual impacts.

The National Academy of Sciences looked at warming problems that can occur in years instead of centuries. The panel said Tuesday that melting ice in the Arctic Ocean and mass species extinction are already here and worse than predicted. It says the melting ice could be more of a wild card.

Study co-author Richard Alley compared the threats to the random danger of drunk drivers: If you see them coming, you can get out of the way. THE ASSOCIATED PRESS

Harsh toke

Boss embarrassed for pot-smoking Mountie

The RCMP commissioner says he's embarrassed for a New Brunswick Mountie who breached policy by smoking medicinal marijuana in uniform.

Bob Paulson says it was awkward and disappointing to see Cpl. Ron Francis make headlines after the national police force discouraged him from going public.

Francis returned his red serge and accused the government and the force of not doing enough to support RCMP members with post-traumatic stress disorder.

The RCMP says officers who are prescribed marijuana for medicinal purposes should not be in uniform while taking their medication as it would portray the wrong message. THE CANADIAN PRESS

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Sen. Roméo Dallaire's car rests on a traffic barrier after he crashed it on Parliament Hill

No one inj senator cr

Asleep at the wheel. Retired general says reliving Rwandan genocide has left him unable to sleep

Sen. Roméo Dallaire nodded off at the wheel of his black BMW and crashed into a traffic barrier on Parliament Hill on Tuesday.

The retired general said the news last week of three suicides of Canadian soldiers, coupled with the coming 20th anniversary of the Rwanda genocide, have left him unable to sleep, even with medication.

"Every day I am reliving the 20th anniversary and reviewing that period of command," he said in an apology to the Senate.

He says he didn't realize how tired he was.

"I simply ran out of steam and fell asleep and crashed my car," he said.

"I am very thankful that nobody was injured or worse by my not being more attentive to the level of fatigue that I have been experiencing."

Dallaire commanded the ill-fated United Nations peacekeeping mission in Rwanda in central Africa in 1993-94.

He was an up-and-coming artillery general when he was tabbed to lead a UN force to oversee a shaky truce in the troubled country.

It seemed a natural assignment. He was a French-speaking soldier going to an area of Africa where French was the second language. Canada carried no colonial baggage to inflame local sensitivities.

But the world collapsed on Dallaire and his small force within months of their arrival. The UN ignored his warnings of coming strife.

After it broke out, major international players rebuffed his pleas for more soldiers, leaving him standing as a helpless observer to genocide.

Dallaire came home to medals and promotion, but his spirit was broken and he spiralled into depression and alcohol. At one point he was found passed out in a public park.

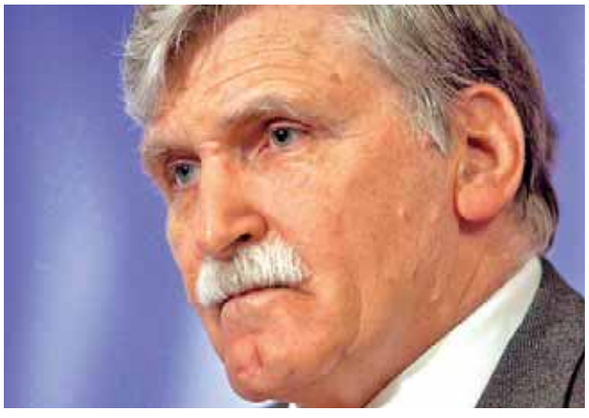
His health suffered. He lost weight. His haunted eyes sank into his haggard face. He left the military.

But a decade later, after much psychological help, support from his wife and children and

in Ottawa on Tuesday. JENNIFER DITCHBURN/THE CANADIAN PRESS

ured after ashes car

Insomnia



"Every day I am reliving the 20th anniversary [of the Rwanda genocide] and reviewing that period of command."

Sen. Romeo Dallaire, in an apology to the Senate after he fell asleep at the wheel of his car.

a book into which he poured his tormented soul, Dallaire bounced back.

Shake Hands With the Devil, his pain-filled, graphic memoir of the genocide, won the Governor General's Award for non-fiction in 2004.

He was named to the Senate by Paul Martin in 2005 and has made the cause of child soldiers his own. THE CANADIAN PRESS

PTSD-suffering soldier attempts suicide

Veterans advocates and soldiers are warning that the number of attempted suicides among the ranks of Canada's military is growing at an alarming rate.

The wife of a soldier who tried to end his life last month says psychological injuries as a result of Afghanistan are an epidemic among members of the Canadian Forces and the care is not what it should be.

Master Cpl. Kristian Wolowidnyk, a former combat engineer who served in Kandahar in 2009-10, became despondent when told he would be medically discharged because of his post-traumatic stress disorder.

Wolowidnyk's wife Michele says her husband had only seen a social worker every two weeks, and had not been under a psychiatrist's care since last summer.

He tried to kill himself two days after learning of his impending discharge, but survived after being rushed to hospital in Edmonton where he met with other veterans of the Afghanistan mission.

His story is coming to light just days after three members of the military took their own lives in a single week.

THE CANADIAN PRESS

Military suicides

The army has identified the latest victim as Warrant Officer Michael McNeil of 3rd Battalion, Royal Canadian Regiment. Two others took their lives last week; friends identified them as Master Cpl. William Elliott and artillery soldier Travis Halmrast.

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Ticket for driving with Google Glass fought

San Diego. Woman stopped while wearing Google's new computer-in-an-eyeglass pleads not guilty to distracted driving and speeding

A woman has pleaded not guilty to what is believed to be the first traffic citation alleging a motorist was using Google's computer-in-an-eyeglass.

The device known as Google Glass, not yet widely available to the public, features a thumbnail-size transparent display above the right eye.

Cecilia Abadie was pulled over on suspicion of speeding in October. The officer saw she had Google Glass and tacked on a citation usually given to drivers who may be distracted by a video screen.

On Tuesday, Abadie pleaded not guilty to both charges in San Diego traffic court.

Her lawyer says she will testify at a trial scheduled for January that the glasses were not on when Abadie was driving, but activated when she looked up at the cop. THE ASSOCIATED PRESS

World test case

"Not on."

Cecilia Abadie's lawyer said the device wasn't on when she was driving. It activated when she looked up at the officer. Google Glass is not yet widely available to the public.

Cecilia Abadie wears her Google Glass outside of traffic court in San Diego, California, on Tuesday. LENNY IGNELZI/THE ASSOCIATED PRESS

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METROLINX

Plugged up. Handy wipes still being flushed much to sewer lobby's chagrin

A mass of wipes that are supposed to be "flushable" held aloft by Barry Orr. They were clogging sewage pumps in London. DAVE CHIDLEY/THE CANADIAN PRESS

The pleas of Canadian wastewater officials to federal and provincial politicians for a crackdown on so-called flushable wipes are falling on deaf ears.

It's a municipal problem, so the refrain goes, and so the Canadian Water and Wastewater Association is joining forces with its American counterpart, the Water Environment Federation, to take aim at the popular towelettes.

The wipes — billed as a cleaner alternative to toilet paper that's perfectly OK to flush down the toilet — are giving many municipalities fits as they grapple with costly clogs.

Personal wipes are a $6-billion industry in North America. Canadian municipalities say the wipes are costing ratepayers as much as $250 million a year. Both the CWWA and its U.S. sister are pushing manufacturers to allow independent testing, and to label them with more clarity. THE CANADIAN PRESS

Hold on — don't flush!

Canadian municipalities and waste-water officials have two objectives — a federal flushability standard and a widespread public-education campaign.

- It's not just wipes — it's paper towels, feminine hygiene products, baby wipes and diapers. "Use them if you like, but do not flush them," said Paul Drca with the City of Windsor.

Harrison Odjegba Okene, a cook aboard a tugboat that sank in the Atlantic Ocean off the Nigerian coast in May, looks in awe as a rescue diver surfaces into the air pocket that kept him alive for nearly three days. The miraculous encounter was recorded by the diver's headcam video and was made available on the Internet Tuesday. DCN DIVING/THE ASSOCIATED PRESS

Cook survived three days in sunken boat at bottom of sea

Video of miraculous rescue goes viral.

Nigerian found in air pocket lived on bottle of Coke and a prayer

Entombed at the bottom of the Atlantic Ocean in an upended tugboat for three days, Harrison Odjegba Okene begged God for a miracle.

The Nigerian cook survived by breathing an everdwindling supply of oxygen in an air pocket. A video of Okene's rescue in May that was posted on the Internet more than six months later has gone viral this week.

As the temperature dropped to freezing, Okene, dressed only in boxer shorts, recited the last psalm his wife had sent by text message, sometimes called the Prayer for Deliverance: "Oh God, by your name, save me …"

To this day, Okene believes his rescue after 72 hours underwater at a depth of 30 metres is a sign of divine deliverance. The other 11 seamen aboard the Jascon 4 died.

Divers sent to the scene were looking only for bodies, according to Tony Walker, project manager for the Dutch company DCN Diving.

The divers had already pulled up four bodies. So when a hand appeared on the TV screen Walker was monitoring, everyone assumed it was another corpse.

"The diver acknowledged that he had seen the hand and then, when he went to grab the hand, the hand grabbed him!" Walker said.

On the video, there's an exclamation of fear and shock from Okene's rescuer, and then joy as the realization sets in. Okene recalls hearing: "There's a survivor! He's alive." THE ASSOCIATED PRESS

Long ordeal

Okene's ordeal began around 4:30 a.m. on May 26. He was in the toilet when the tug, one of three towing an oil tanker in Nigeria's oil-rich Delta waters, gave a sudden lurch and then keeled over.

- He groped his way out, found a cabin that felt safe and began the long wait, getting colder and colder.
- He got really worried when he heard the sound of fish, shark or barracudas, he supposed, eating and fighting over something big.

Shark bites kayaker's dangling foot

A kayak fisherman died Monday off Maui after a shark bit his dangling foot, officials said.

Maui County Ocean Safety officials received a report that a shark had attacked a man fishing in a kayak between Maui and Molokini, a small island less than five kilometres off the southwest coast of Maui that is popular for diving and snorkeling.

The victim was fishing with artificial lures to attract baitfish. The Maui County Police Department identified the kayak fisherman as 57-year-old Patrick Briney of Stevenson, Washington state.

His fishing partner tied a tourniquet on the man and sought help from a nearby charter tour boat. The boat took them to shore, and the man was then taken to a hospital, the state said. It's unclear when he was pronounced dead.

The kind of shark involved was not immediately known.

There have been eight shark attacks near Maui this year and 13 statewide. On Friday, a woman suffered nonfatal injuries in a Maui attack.

"We are not sure why these bites are occurring more frequently than normal, especially around Maui," said Department of Land and Natural Resources chairman William Aila Jr. "That's why we are conducting a two-year study of shark behaviour around Maui." THE ASSOCIATED PRESS

Unprovoked attacks

4

Over the last 20 years, Hawaii has averaged about four unprovoked shark incidents per year, the state said.

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Acid attack lands Russian ballet star in jail for six years

Bolshoi. Attack on ballet's director exposes vicious backstage bickering and intrigue at renowned theatre

A judge pronounced Bolshoi soloist Pavel Dmitrichenko guilty of making plans to attack Sergei Filin, the theatre's director who lost most of the sight in one eye and 20 per cent in the other in the attack on Jan. 17.

Ex-convict Yuri Zarutsky, who splashed the acid in Filin's face, was sentenced to 10 years; a driver, Andrei Lipatov, got four years. The three were also ordered to pay 3.5 million rubles (about $112,000) in damages to Filin.

The dancer said during the trial that he had agreed to Zarutsky's offer to beat up Filin, but claimed that he had been unaware of his intention to use acid for the attack. He pleaded not guilty but admitted "moral responsibility."

Dancer Pavel Dmitrichenko stands inside a barred enclosure at court in Moscow on Tuesday. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

Dmitrichenko said he was shocked when he heard about the acid attack in the news and told Zarutsky they should surrender to the police. He testified that Zarutsky told him to keep silent and threatened to launch a similar attack on Dmitrichenko's ballerina girlfriend if he went to the police.

He said he had told Zarutsky that he disapproved of Filin's management style. He insisted that he always said Filin had been an excellent dancer, but he blamed him in part for the negative atmosphere in the theatre. He cited several incidents in which troupe members were driven to tears during heated conflicts with Filin.

THE ASSOCIATED PRESS

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Germany

New software detects banned neo-Nazi music

German police say they have developed software that can automatically identify banned neo-Nazi music.

Certain extremist music is banned from public sale or performance in Germany, but the far-right still regularly attempts to skirt the regulations with concerts to attract and recruit young people.

THE ASSOCIATED PRESS

France

Bob Dylan in trouble over comments

French authorities have filed preliminary charges of "public insult and inciting hate" against Bob Dylan over a 2012 Rolling Stone interview in which they allege he is quoted comparing Croatians to Nazis and the Ku Klux Klan.

THE ASSOCIATED PRESS

Thai government tries to diffuse violent protests

A Thai policeman offers a rose to protesters outside city police headquarters in Bangkok on Tuesday. Prime Minister Yingluck Shinawatra ordered police to stop battling anti-government protesters in what has become a struggle to topple Yingluck and keep her brother, Thaksin Shinawatra, from returning to power.

MANISH SWARUP/THE ASSOCIATED PRESS

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Published material just 1% of Snowden files: Newspaper

British lawmakers question editor.
Rusbridger says Guardian had come under pressure from authorities in a way 'inconceivable' in U.S.

The editor of the Guardian said Tuesday the British newspaper has published just 1 per cent of the material it received from former National Security Agency contractor Edward Snowden, and denied the paper had placed lives or national security at risk.

Under questioning by lawmakers on Parliament's home affairs committee, Alan Rusbridger accused British authorities of trying to intimidate the newspaper, and warned of "national security being used as a trump card" to stifle debate.

The Guardian helped spark a global debate on privacy and security by publishing a series of stories based on leaks from Snowden disclosing the scale of telephone and Internet surveillance by spy agencies in the U.S. and Britain.

Rusbridger said the leak amounted to about 58,000 files, and the newspaper had published "about one per cent" of the total. "I would not expect us to be publishing a huge amount more," he said.

Rusbridger defended the newspaper's decision to publish the secret material. He said stories had prompted much-needed debate about the scale of intelligence activities and exposed the limits of regulatory laws drawn up in the pre-Internet era.

He said pressure to stop the stories came from Britain's top civil servant, politicians' calls for the newspaper to be prosecuted and a security agency threat to confiscate the Guardian's hard drives containing Snowden files. (Rusbridger destroyed the drives, but first sent copies of the documents abroad).

THE ASSOCIATED PRESS

Quoted

"There is no doubt in my mind ... that newspapers have done something that oversight has failed to do."

Alan Rusbridger, editor of the Guardian, saying they had exposed the limits of regulatory laws drawn up in the pre-Internet era

Protest marks people-with-disabilities day

Indian policemen detain a physically disabled Kashmiri during a protest to mark the International Day of People with Disability in Srinagar, India, Tuesday. The annual observance of this day aims to promote an understanding of disability issues and mobilize support for the dignity, rights and well-being of persons with disabilities. DAR YASIN/THE ASSOCIATED PRESS

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War of the words. It's selfie versus science in battle for ultimate word of the year

Look alive, selfie. There's another word of the year that's not all about you.

While Oxford University Press, the British publisher of the Oxford dictionaries, declared those little smartphone self-portraits its winner last month, the folks at Merriam-Webster announced "science" on Tuesday.

Oxford tracked a huge jump in overall usage of selfie, but Merriam-Webster stuck primarily to look-ups on its website, recording a 176 per cent increase for science when compared with last year.

John Morse, president and publisher of Merriam-Webster Inc., said science is connected to broad cultural oppositions — science versus faith, for instance — along with the power of observation and intuition, reason and ideology, evidence and tradition. THE ASSOCIATED PRESS

Merriam-Webster picked a word for the nerds, while Oxford's appeals to the popular set. THE ASSOCIATED PRESS

Science is always lurking

"The more we thought about it, the righter it seemed in that it does lurk behind a lot of big stories that we as a society are grappling with, whether it's climate change or environmental regulation or what's in our textbooks."

John Morse, president and publisher of Merriam-Webster Inc., based in Springfield, Mass.

Saskatchewan

Potash Corp. to slash 18% of staff

Potash Corp. of Saskatchewan is cutting its workforce by about 18 per cent, affecting 1,045 people — with the biggest hits in its home province of Saskatchewan, as well as New Brunswick and Florida.

The decision stems from soft demand for potash and phosphates, two major types of crop fertilizer.
THE CANADIAN PRESS

Market Minute

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93.91¢ (-0.07¢)

TSX
13,319.87 (-99.70)

OIL
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Yeah, I'm going to need you to stay home

Promoting productivity. Bosses are forcing staff to put down the TPS reports and smartphones in a bid to fight burnout

Volkswagen turns off some employees' email 30 minutes after their shifts end. Goldman Sachs is urging junior staff to take weekends off. BMW is planning new rules that will keep workers from being contacted after hours.

This surge in corporate beneficence isn't an indication that employers are becoming kinder and gentler: It's about the bottom line. After years in which the ease of instant communication via email and smartphones allowed bosses to place greater and greater demands on white-collar workers, some companies are beginning to set limits, recognizing that successful employees must be able to escape from work.

"Industry is now responding,'' said Cary Cooper, a professor of organizational psychology and health at Lancaster University, who says the imperative to be constantly reachable by iPhone or tablet is taking a toll on the work delivered at the office. "Employees are turning up, but they're not delivering anything."

After seeing colleagues lose their jobs during the Great Recession, workers are more inclined to come in to work, even when sick, surveys show. After hours, physical presence is replaced by the next best thing — a virtual one.

Many employees fear switching off, instead deciding to work on vacation, during dinner and in bed with the help of smart phones, laptops and tablet computers.

People also have more data than ever to process — whether they ask for it or not.

Information overload cost American businesses just under $1 trillion US in employee time lost to needless emails and other distractions in 2010, according to Jonathan Spira, chief analyst of the New York research firm, Basex.

THE ASSOCIATED PRESS

Shirin Majid, left, watches as her husband plays with their baby at home. Majid works for an Internet startup, which has a "blackout" week, during which workers are forbidden to work. BEBETO MATTHEWS/THE ASSOCIATED PRESS

A quirky solution

To get everyone, from intern to CEO, to not overdo it with the work hours, some companies have resorted to bolder measures.

- Quirky, a New York based start-up that shepherds inventions to the marketplace, has instituted a "blackout" week once a quarter during which no one except customer-service representatives is allowed to work, lest employees be tempted to check email.
- And having the message come right from the top was important for Shirin Majid, the company's 39-year-old head of digital marketing, who laments not having enough time to spend with her husband and 9 month-old daughter, Ella.

Yonge-University-Spadina Line

Union to St Andrew stations
Weekend closure

December 7 and 8

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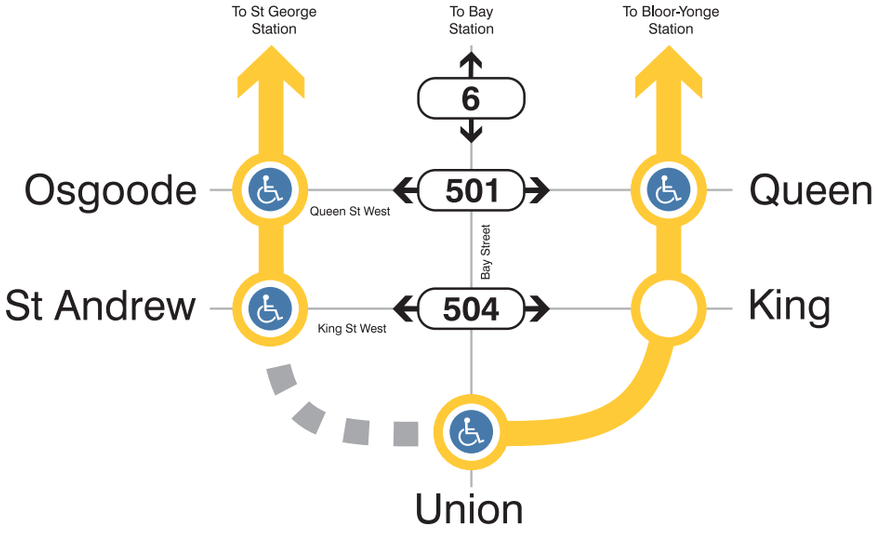

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HELLO DRONES, RIP PIZZA-MAN PORN

JUST SAYIN'

Paul Sullivan
metronews.ca

Amazon Czar Jeff Bezos, overstimulated perhaps by CyberMonday, has come with what is either the best — or the worst — idea ever.

The man who sells everything everywhere to everyone proposes to use flying mini-drones to deliver packages to customers within 30 minutes, wherever they are.

Still in the virtual stage, it will be years before the bot turns up at your door seeking your signature, but we need to get ready.

I mean, there are questions to be answered.

Do you tip a drone? Seeing as they're not working their way through drone school or supporting a family of dronettes, it probably won't be necessary. But you want to make sure. Just ask the Taliban what happens when there's an angry drone at the door.

Will drones still leave those illegible notes behind? You know the ones scolding you for not being there at the drone's convenience and advising you to pick up your package at (can you read this?) at (is that between 9 and 5 or 5 and 9?)

Or, because they are programmed to hunt down your DNA, will they find you wherever you are even if you don't want to be found? Even if you really want the new 50 Shades of Grey Concordance, maybe you don't want it right now. On the toilet.

The delivery drone can be adapted for other uses. Pizza for instance. The drone is the perfect technology to get it to your door within 30 minutes or you eat for free. Of course, you'll never eat for free, as the drone can be programmed to get there in precisely 29.99 minutes every time. I'm not sure why they'd want to do that, but that's what happens now and it seems to work for the pizza delivery companies.

Added note: For some reason, the pizza delivery man occupies a special place in the annals of pornography. This would be the end of that. Tough to make out with the pizza man if he turns up sporting eight whirling rotors, like the Amazon prototype. There could be flying pepperoni … at least.

That's hardly the most sinister adaptation of delivery drone technology. These things are essentially CCTV cameras with wings. If they can send one into space (like the Hubble telescope) to track down galaxies 14 billion light years away, they can find you at the neighbourhood pub.

Or delivering your neighbour's pizza.

You see, the more you think about this, the more you realize there are bugs that have to be ironed out. Bezos hopes to get his little bots airborne as early as 2015, but I suspect it will be a sunny day in Seattle before it happens.

Er, be right back. There's someone…or something…at the door.

ZOOM

Freaks of nature

TOMAS RAK, ALEXANDER SEMENOV/ANIMAL EARTH/THAMES & HUDSON

Bizarre animals revealed in book

They may not have the "Aw" factor of, say, pandas or sea otters, but these unique animals still deserve our attention.

A cynipid wasp and a sea slug called a nudibranch feature in Animal Earth, a new book that celebrates the weird and wonderful diversity on our planet. **METRO**

By the numbers

200M

The number of species of animals that are still undiscovered, according to zoologist and author of Animal Earth, Ross Piper. "We know a great deal more about the surfaces of barren moons in space than we do about our own planet. There are so many fascinating animals around us, and we haven't gotten to grips even the tiniest bit with how they live," he said.

More numbers

- **Unknown world.** 86 per cent of all species on land and 91 per cent of those in the seas have yet to be discovered, described and catalogued, according to a 2011 study.
- **Drop in the ocean.** Due to the abundance of life on our planet, the IUCN Red List — the most sophisticated ongoing project of studying threatened animals — monitors less than one per cent of the world's species.

Photog says:

"Sea slugs possess

every colour and shape combination imaginable — they are one of the most vibrant groups in the sea."

Alexander Semenov, 28, photographer and zoologist at the White Sea Biological Station in Karelia, Russia

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

As shoppers digest the announcement/confession/stunt that Amazon hopes to have flying robots deliver their goods, we take a look at other (real and not-so-real) drone delivery services:

PHOTO ILLUSTRATION: DAVID VAN DYKE/METRO

TacoCopter:

Unveiled at tech conference Disrupt SF back in September, the TacoCopter was aerial robot designer Skycatch's answer to Californians' need for instant delicious Mexican food.

DomiCopter:

You guessed it. Domino's goes drone with the DomiCopter.

Oppikoppi music festival beer drop:

Since you can't have tacos or pizza without beer, there's a drone drop for that too. South Africa's Oppikoppi festival used GPS-guided drones to help music-lovers avoid long lines at the beer tent and drop cold brews to the parched brus.

Twitter

Merriam-Webster say searches for the word 'science' are up 176 per cent this year. What's the explanation for this?

@Ptwohig: The explanation is rooted in the confusion that exists over good & bad science as well as the politics of science. Climate change, fracking, pipelines, hydro development, Chris Hadfield, etc have all generated interest in science

@ommoran: Explanation? Students no longer sure what the word "science" means and having to "Google it".

@deekes11: I'm thinkin Breaking Bad has something to do with it #heisenberg

@AliciaMarie_09 maybe some awesome parents are showing girls there is more to life than twerking/selfies. Brains are sexy too!

@likeibother 176% is not a huge jump. It's actually just more than double. And it's taken from their own search web only

@myomichu Science sensationalized and turned into entertainment. Good for education but sometimes borderline fiction.

@cailiey I would bet @SarcasticRover has an idea why...he's currently doing a science on the red planet...

@LeosBandwagon isn't the answer clearly "science" itself #scienceisalwaystheanswer

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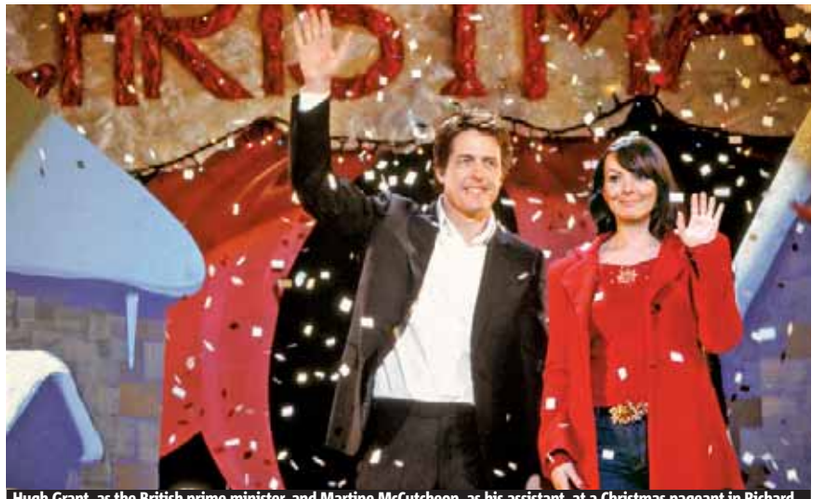
Das Auto.

*Base MSRP of a new and unregistered 2014 Passat 2.5L base model with 5-speed manual transmission is $23,975, including $1,395 freight and PDI, $29 EHF (tires), $100 a/c levy, $5 OMVIC fee and up to $499 dealer administration fee). License, insurance, registration, options and applicable taxes are extra. Dealer may sell for less. Dealer order/trade may be necessary. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo and "Passat" are registered trade-marks of Volkswagen AG. © 2013 Volkswagen Canada.

A happy holiday accident: How Love Actually left a starry legacy

Cast of thousands. As Richard Curtis notes, even the then-lesser-known actors in his 2003 romantic comedy are now major stars

NED EHRBAR
Metro World News in Hollywood



Hugh Grant, as the British prime minister, and Martine McCutcheon, as his assistant, at a Christmas pageant in Richard Curtis' 2003 romantic comedy Love Actually. PETER MOUNTAIN/UNIVERSAL STUDIOS

Richard Curtis swears he didn't set out to make a Christmas classic with Love Actually — which just turned 10 years old — but that's what exactly happened. "I didn't really think that when I was writing the film. I certainly didn't think, 'This is a cunning commercial measure.' I just thought it was in the spirit of the film," Curtis tells Metro.

"Particularly in the States, I think it's become a Christmas thing. I think it's just kind of on a loop on some English TV stations (year-round), but I think it's become more of a Christmas thing. And it's delightful. I think you consider it lucky. I feel that a little bit about Love Actually, that I wrote a multi-thing movie, and because it was a Christmas one it looks like it's going to last."

What Curtis finds particularly entertaining is what's become of the film's massive cast, originally built as a mix of big stars (Hugh Grant, Emma Thompson) and lesser-known faces (Chiwetel Ejiofor, Andrew Lincoln).

"It now seems over-cast because half the cast weren't very well-known (at the time), only if you really watched English telly," he says. "And now with Martin Freeman being the Hobbit and with (Lincoln on) The Walking Dead and with January Jones on Mad Men and Chiwetel now I hope going to win an Oscar this year, the movie's looking increasingly unbalanced. There was meant to be a balance between people you knew and people you didn't. Even Thomas Sangster, who played the little boy, is now on Game of Thrones."

In that spirit, here's a look at what the ensemble of Love Actually have been up to lately.

The Prime Minister and Natalie

Hugh Grant: Currently filming The Man from U.N.C.L.E. for Guy Ritchie, Grant was last seen playing several nasty characters in Cloud Atlas and taking on Rupert Murdoch in the News of the World phone-hacking scandal.

Martine McCutcheon: A familiar face with U.K. audiences when the film premiered thanks to her work on EastEnders, McCutcheon will next be seen in the TV movie The Home Office.

Daniel and Sam

Liam Neeson: The esteemed Irish actor reinvented himself with 2008's Taken and has now become one of the most successful — if unlikely — action stars in the world.

Thomas Brodie-Sangster: The 23-year-old has grown up on TV and movie screens, with roles in Doctor Who and Nowhere Boy, and currently stars as Jojen Reed on Game of Thrones.

Jamie and Aurelia

Colin Firth: Already a fan favorite at the time thanks to Pride and Prejudice and Bridget Jones's Diary, the very busy Firth is now an Oscar winner for The King's Speech.

Lúcia Moniz: The Portuguese actress and singer has been working steadily on TV in her home country, most recently on Bem-Vindos a Beirais.

Harry, Karen and Mia

Emma Thompson: The actress with the most heartbreaking and memorable scene in Love Actually is also earning plenty of Oscar buzz for this year's Saving Mr. Banks.

Alan Rickman: Forever known to a generation of fans as Professor Snape in the Harry Potter series, Rickman recently starred as Ronald Reagan in Lee Daniels' The Butler and N.Y.C. nightlife guru Hilly Kristal in CBGB and will next take on King Louis XIV in A Little Chaos.

Heike Makatsch: The German actress has been working steadily in Europe for the past decade and can be seen in theatres now in The Book Thief.

Peter, Juliet and Mark

Keira Knightley: Already a star on the rise 10 years ago, Knightley is now an Oscar nominee who can next be seen in Can a Song Save Your Life? and Jack Ryan: Shadow Recruit.

Chiwetel Ejiofor: After years of under-the-radar supporting roles, Ejiofor is a Best Actor hopeful this year for the powerful 12 Years a Slave.

Andrew Lincoln: Lincoln went relatively unnoticed for years until taking the lead role in TV's The Walking Dead, now in its fourth season.

Billy Mack and Joe the manager

Bill Nighy: The incredibly busy Nighy — who turns 64 this month — most recently reteamed with Richard Curtis for About Time and is set to start filming the sequel to The Best Exotic Marigold Hotel shortly.

Gregor Fisher: Fisher has been doing plenty of work on the small screen in Britain in series like Empty, Rab C. Nesbitt and Love Life.

The naked stand-ins

Martin Freeman: He was already a TV star in the U.K. 10 years ago thanks to The Office, but now he's both Watson on Sherlock and the Hobbit in, well, The Hobbit.

Joanna Page: The Welsh actress has worked steadily on TV in the last decade — most notably as Stacey on Gavin & Stacey — and most recently popped up as Elizabeth I on the Doctor Who 50th anniversary special.

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Hollywood chameleon

For Out of the Furnace, Bale morphs once more

IN FOCUS
Richard Crouse
scene@metronews.ca

Christian Bale likes to keep you guessing. The intense actor, who became a superstar playing Batman, makes chancy career choices on purpose. "I like to think that as long as you continue choosing diverse roles, you can avoid becoming predictable," he says.

He could make a life (and a fortune) playing square-jawed superheroes in action movies, but instead chooses to shake things up.

Since his breakthrough performance in 1987's Empire of the Sun he has been a chameleon, losing sixty pounds to play the skeletal lead in The Machinist and gaining a beer gut and a comb-over for an upcoming role in American Hustle.

This weekend in Out of the Furnace he changes it up once again. He stars as a steel mill worker pushed to extremes when his Iraq war veteran brother (Casey Affleck) gets mixed up with the wrong people and disappears.

The vengeance angle sounds Batmanesque, but Out of the Furnace is set far away from Gotham in the economically-depressed Rust Belt. There isn't a cowl or a cape in sight, and Bale has once again physically transformed himself.

Here's a look at how Bale physically changes it up for his movie roles.

American Psycho
Creating the "Olympian physique" of serial killer Patrick Bateman in American Psycho took some discipline. "I'm English," he said, "and in England, we don't have many gyms around. We'd rather go to a pub instead." A trainer and a protein diet took off the pounds.

The Fighter
As boxer and former drug addict Dicky Eklund in The Fighter he dropped thirty pounds and used make-up and prosthetics to age himself. How did he lose the weight? "Usually I always say, 'Oh, I do a lot of coke whenever I lose weight.' I'm not sure if it's so funny for this movie, to say that." In reality he trained with the real-life Eklund and boxed the pounds off.

Velvet Goldmine
In Velvet Goldmine he plays a London journalist looking into the life and faked death of glam rock singer Brian Slade (Jonathan Rhys Meyers). Once again he had to physically transform, but not in the traditional way.

When his mom saw that he was working out and running at 6 a.m. she said, "Christian, what are you doing? You're doing a film about sex, drugs and rock 'n' roll. Why don't you do it the way they did it? They weren't out running. They drank a helluva lot and lived unhealthily."

"I took that to heart," he says, "and it works."}

Christian Bale, left, and Casey Affleck in a scene from Out of the Furnace. KERRY HAYES/RELATIVITY MEDIA

Cheers! Kirstie and Rhea reunite for another sitcom

Veteran duo. Only this time around, Perlman's character actually cares about Alley's — and is only sort of antagonistic

MATT PRIGGE
Metro World News

As Carla Tortelli on Cheers, Rhea Perlman spent 11 seasons openly antagonizing the patrons and some of the staff of a Boston bar. On Kirstie, her first regular sitcom gig in ages, she's only somewhat antagonistic to the other characters, including fellow Cheers alum Kirstie Alley. Perlman plays the best friend and assistant of Alley's Broadway diva, who reconnects with a son (Eric Petersen) she'd given up for adoption. (Another sitcom vet, Michael Richards, plays her chauffeur.) For the record, she's not remotely antagonistic in person.

What was it that made you want to come back to full-time sitcom work?
I love my sitcom days. It's the coolest job in acting. It's live, which is very rare and fabulous. You get to rehearse for four days then do it in front of an audience. It's a mixture of being on stage and being on film.

Apart from reuniting with Kirstie Alley here, you've often popped up on shows by other Cheers castmates. How easy is it to slip back into that rapport?
It's like seeing your old friends from college. With people you haven't seen in a long time but you were really close with, you just go right back. I do keep up with some of them.

Your character's relationship with Alley is a lot less antagonistic than it was on Cheers.
This one I really care about her. On Cheers, Carla, she was fine with her, and she was better with her than with Diane. But she didn't care about her. Carla cared about Sam and about her kids. But I wouldn't say she really cared about the other people in the bar.

You've only done a handful of episodes so far. How easy is it finding the show's voice so early on?
I feel like as with any show, in its first year, you start finding it, and the writers start finding it, and the actors start finding it. If we're lucky enough to have another season, it will continue to be found. I love the medium because there's no beginning, middle or end. You just get to continue developing the character, to find where she's from and where she can go.

It's a lot like TV dramas in that sense.
I've never been in one of those dramas, which I love to watch, like Breaking Bad, where you just don't know how it's going to end. Will I get killed? We don't usually worry if we're going to get killed in comedy.

How does it affect you not knowing the end of a show?
I don't think you're ever really safe in acting, ever. Even if you're doing the same show every night, it's never the same. You don't know what you're going to do, what the audience is going to do. It's not like you're doing a math problem, where you know there's a solution at the end and you get it right or you get it wrong.

Rhea Perlman, who played the wisecracking waitress Carla on Cheers, has returned to regular sitcom work with a role on Kirstie. GETTY IMAGES

Eric Petersen has done stage but this is his first TV show. How did he fit in with three vets?
He just really jumped right in. I was impressed, because I think people would be intimidated by us — not that we're intimidating people, because we're not. He's comfortable with himself and he's comfortable being on stage.

So you didn't have to teach him things?
We never had to teach him things! I was ready to teach him things. He didn't ask, the sonofab—. (Laughs.)

Kirstie's station, TV Land, has a reputation of really supporting its shows and its actors.
I feel like they like the show. That's a great feeling. The legend with Cheers is, our first two years, we were at the bottom of the ratings. Like 67 out of 68 or whatever it was. But the network, they loved the show, and we knew they loved the show. And we were so blissfully unaware that we might be in jeopardy. I don't think any of the actors ever thought about that.

We just felt like these people like us, so we'll keep doing this show. It was very comfortable. I really think it's a great way for networks to be. They should put their weight behind a show, because they picked it to begin with. They chose to do that pilot and they chose to pick it up, then they have to choose to nurture it. (TV Land is) very nurturing.

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Matisyahu dealt with a strong backlash after making changes to his physical appearance. CONTRIBUTED

Matisyahu found himself lost in faith

Interview. The Jewish reggae star talks about his new album, the backlash when he made drastic physical changes and his new guiding philosophy

KASIA PILAT
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What's in a name? For Jewish reggae artist Matthew Paul Miller, adopting the name Matisyahu in 2001 was but one step in what he describes as a lifelong evolution.

Miller became Matisyahu, the Ashkenazic Hebrew equivalent of Matthew, when he was 19 after what he describes as a conscious search for guidance, structure and community — something he found in Brooklyn's Chabad-Lubavitch Hasidic community. In an attempt to shed his past and become something new, he adopted the long Hasidic payor and beard and traditional dress.

"I remember the first time I wore a yarmulke," he says. "It felt good. It felt good to represent something, to represent a people, to represent something ancient; something that I felt was eternal."

Matisyahu's stirring debut, 2004's Shake Off the Dust… Arise, was his decisive arrival on the music scene — in full Hasidic garb, he sings and spits devotional verses over high-powered dancehall reggae. The deliberate manner in which he was able to unite such seemingly disparate things as rap, reggae and Hasidism was met with widespread acclaim, as were his follow-up albums, 2006's Youth and Light three years later.

Not just a look

"I remember the first time I wore a yarmulke. It felt good. It felt good to represent something, to represent a people, to represent something ancient; something that I felt was eternal."

Matisyahu
On adopting traditional Hasidic dress

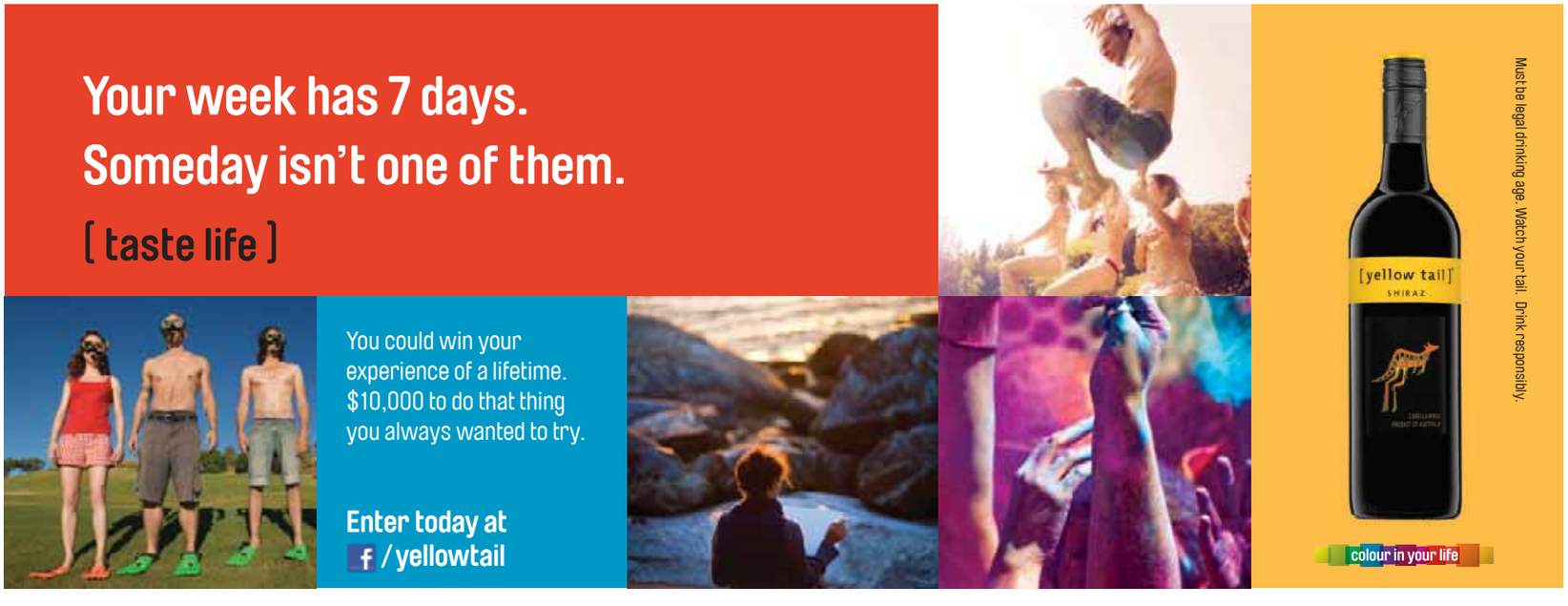
Despite the successes, however, Matisyahu says that his faithful adherence to Hasidic guidelines caused him to lose his self and his ability to make decisions and his philosophy began to change. Before releasing last year's Spark Seeker, the near-unrecognizable image of a cleanly-shaven Matisyahu was revealed via his Twitter account, to the disappointment of many.

"There were a lot of people that were hurt, that were upset and didn't understand why I shaved my beard," he says. "But for me, it was a very inner, organic and real process that lasted over the course of the last 12, 13 years… At one point I was just able to make that realization that I can change and that it's my life and that I can do whatever I want and that God will love me."

Spark Seeker, a more pop-driven and accessible yet still spiritual album, was written and recorded before Matisyahu revealed his new look. He says that a new album, set to drop in the spring, will deal in-depth with his drastic physical change and the backlash that followed.

For his upcoming record Matisyahu recruited his touring band Dub Trio's bassist Stu Brooks in his first role as a producer along with Joel Hamilton (Pretty Lights, Dub Trio) and recorded it in Brooks' home in Brooklyn as well as in his own, in Los Angeles. The album's sound, he says, runs the gamut in terms of genre and style while the theme and lyrics remain consistent throughout.

"It has electronic stuff, it has stuff that's really organic. It's definitely more stripped back, less bells and whistles and more of a clean top sound than my last record. It's more of an indie record. It's edgy and emotional and very personal. It feels very honest."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Twerks and jerks top Yahoo's list

Miley Cyrus. CONTRIBUTED

Yahoo Canada is out with its ninth annual list of top searches and twerking pop star Miley Cyrus tops the list for 2013 ahead of Toronto mayor Rob Ford. Cyrus garnered attention at this year's MTV Video Music Awards for her provocative performance while Ford remains embroiled in a crack cocaine scandal.

THE CANADIAN PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Walker died on a 'hot spot for street racers,' say police

While the neighbourhood where Fast & Furious star Paul Walker died in a fiery crash is known to attract street racers, law enforcement officials do not believe the Porsche he and a friend were riding in had been racing another car.

Accident investigators "have received eyewitness statements that the car involved was travelling alone at a high rate of speed," the Los Angeles County Sheriff's Department said in a statement Monday. "No eyewitness has contacted the (department) to say there was a second vehicle."

Walker and his friend and fellow fast-car enthusiast Roger Rodas died Saturday when Rodas' 2005 Porsche Carrera GT smashed into a light pole and tree, then exploded in flames. The posted limit was 45 m.p.h. (about 72 km/h).

The two had taken what was expected to be a brief drive away from a charity fundraiser and toy drive at Rodas' custom car shop in Valencia, about 30 miles northwest of Los Angeles. Walker's publicist said the action star was the passenger.

The crash happened on a street that forms an approximately one-mile loop amid industrial office parks. It is rimmed by hills and relatively isolated from traffic, especially on weekends when the businesses are closed.

"It's well-known out here that that's a hot spot for street racers," California Highway Patrol Sgt. Rick Miler said.

Skid marks are a testament to past antics on the loop.

The sheriff's department, which polices the neighbourhood, said Saturday's wreck was not the first speed-related crash there, but would not reveal specifics.

Meanwhile, investigators are consulting video from security cameras, talking to witnesses and analyzing physical evidence such as onboard computer data from the Porsche.

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Sunsets at Mallory Square in Key West are an event with lots of drinking and wild applause. JIM BYERS/METRO

Wild, weird and utterly wonderful.

From sunset cheers to cheap beers, and from wacky parades to fine cuisine, Key West might be the only town in North America that gives New Orleans a run for its money in terms of forget all your cares, down and dirty fun. Here's a look.

Doing

America doesn't mind selling guns to almost anyone, but they generally frown on sipping an adult beverage on a public street. Go figure.

Lucky for you, Key West encourages us to take the libation of our choice and stroll down Duval Street, all the while wearing just about anything that might strike our fancy.

Everything you've heard about this street is true; tiny bars offer dollar beers (OK, American beers, but still) and gays and lesbians and transgendered folks mingle with gawking tourists from Peterborough and Pennsylvania. Crowds gather nightly at Mallory Square to watch the sunset and applaud the majesty. Tacky? Maybe.

But it's tons of fun, and a great way to meet people.

Duval is a parade almost any night, but it's especially wild around Mardi Gras and Halloween. Too much excitement? Try a wonderful, peaceful sail on a classic schooner. For $5, you'll get a 90-minute ride on the shimmering green waters of the Florida Keys. Free sodas and beer, wine or champagne for a buck. You also could retreat into the quiet of the beautiful, white St. Paul's Episcopal Church if you really want a respite.

Sleeping

Should you choose to actually go to bed, the options are endless. High end luxury types can opt for the Casa Marina, a Waldorf Astoria resort. Rooms aren't large in an old place like this but it's beautiful, and you can arrange for a dinner just steps from the sand. Rooms listed recently for $179 and up in December.

Close to the action, but a world apart. Closer to Duval, but still far enough away, is the Key Lime Inn, part of the Historic Key West Inns group. The pool isn't fancy but the units are Florida chic and the folks friendly as can be. Rooms from about $159 in December.

Dining

Seven Fish is a dynamite spot near the Key Lime Inn, offering luscious fish, and, I'm told, excellent meat loaf. Looking for something more, well, Floridian? You can't beat the casual, outdoor dining at Blue Heaven, where one of the buildings used to be a bordello and where stray cats or chickens often roam among tables set under luxurious palms and a giant sail.

Drinking

Too many to mention. But try Sloppy Joe's on Duval or Jimmy Buffett's Margaritaville. Other great spots include the Green Parrot on Whitehead St., which Playboy magazine once called the definitive Key West saloon.

Learning

Killed too many brain cells and need a jolt of something historical? Check out the Truman "Little White House" on Front Street to see where Harry S. himself did some of his work. Or look into the Hemingway Home and Museum, one-time hangout of the famous author and former Toronto Star correspondent, or the Key West Heritage House Museum and Robert Frost Cottage.

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Wrap it, then pack it

The diehard travellers on your list might have their sights set on things a little out of your price range — a round-the-world airplane ticket or adventure tour, perhaps. Luckily, there are a few affordable options globetrotters can appreciate.

ON THE MOVE
Loren Christie
life@metronews.ca

The softer side of luggage

Recently I broke my habit of hard-sided luggage and test drove a soft-sided bag, the Atlantic Compass Unite. The bag's claim to fame is its four-wheel spinners. They work in all directions even when linked with Velcro to matching bags, making a family's worth of luggage easier to manage. I loved that it was lightweight and seemingly indestructible. After two weeks and six flights, this bag looked like I just bought it. Starting at $130 at Bentley and CAA.

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Conair's Travel Smart products include minis made for travelling. Whether a clothes iron or a curling iron, their products are mini-sized for your packing convenience. Each of the personal appliances offers worldwide voltage and works anywhere in the world as long as you have a plug adapter. Available for under $40 at conair.com or in travel stores like Toronto's The Travel Stop.

It's all about the experience

For those who prefer providing an experience versus giving something tangible, Travelzoo has launched an online holiday gift guide, offering unique experiences, including spa days at the Four Seasons or Bliss spas, romantic getaways and dining at Michelin-starred restaurants. Each experience can be sent as an e-gift or mailed as a gift certificate. Gift-givers can expect savings of 30 per cent to 50 per cent off rack prices without sacrificing the wow factor. travelzoo.ca

The gift of a good night's sleep

The GoodNightFlight eye mask not only blocks out the light but it promises to eliminate the head bob; that uncomfortable head loll and jerk as you are nodding off. It comes with straps that anchor your head to the head rest and prevent you from face planting into your neighbour's shoulder. Designed for plane travel, it can also be used in cars and trains. Retails for $24.95 US. Allow 10 days for shipping. goodnightflight.com

If you can't get there, buy a poster

For those looking for less practical gifts, I love vintage travel posters. There is something romantic about these nostalgic pieces of art. You can usually find small selections in poster and print shops across the country, but for a large selection under one digital roof, check out vintagepostersnyc.com. It's the website for New York City's renowned Chisholm Gallery vintage posters. Prices vary.

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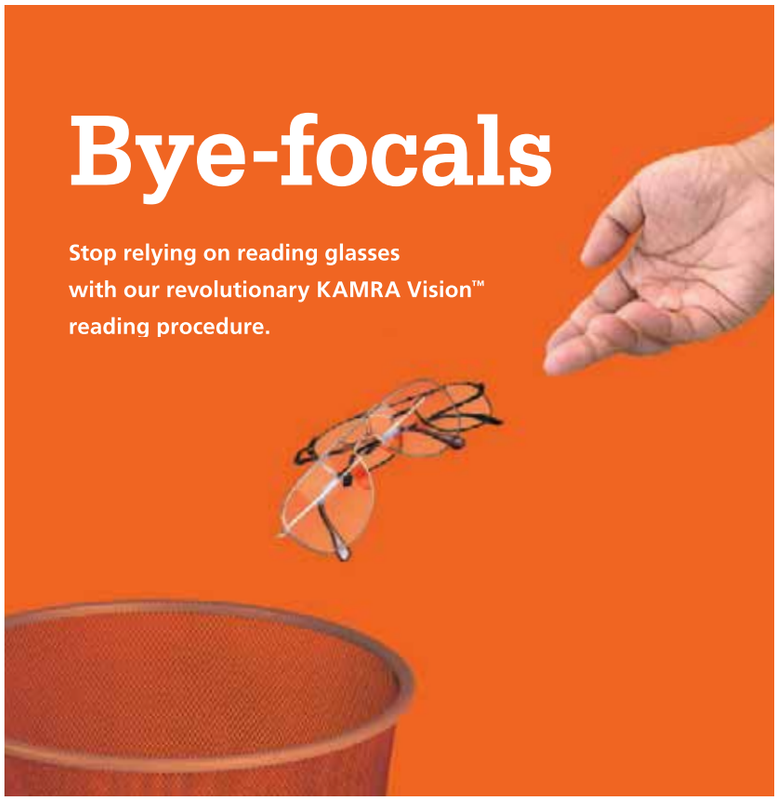

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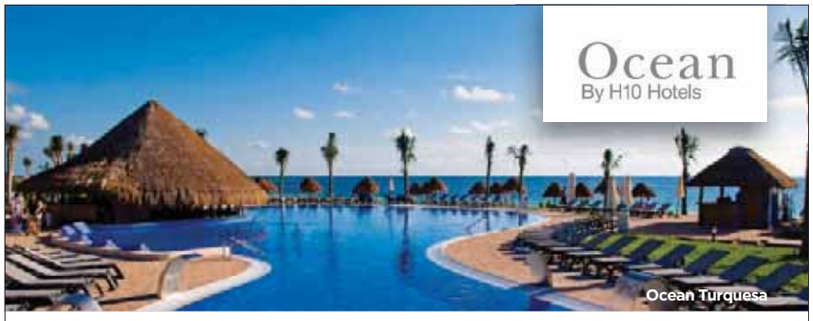

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The Big Easy: Where life is a little slower

Louisiana lounging. From the bayous to the beautiful evenings, New Orleans is the perfect place to leave real life behind

AURÉLIE RESCH
life@metronews.ca

You can think of The Big Easy as a sensual lady who likes to spend the day stretching out in the sun before going out for a festive night with her friends.

Visiting New Orleans, I decide to adopt her nonchalant manner. I opt for a hearty breakfast at Café du Monde in the French Market. Having French beignets and watching the crowd by the Mississippi river banks is a great way to start my day. My stomach filled, I wander around the French Market, the oldest in the U.S.

An alligator swims by in the bayou waiting to be fed. AURÉLIE RESCH/METRO

The market, which once served people arriving in the city by boat, is now a patchwork of colourful shops, souvenir stands and street artists. You can still walk by the Mississippi river and admire the steamboats lazily cruising its brown water. I head to the Audubon Aquarium of the Americas to escape the heat and the humidity by plunging into a wonderful underwater world. Standing in a glass underwater tunnel, the variety of fish that surrounds me is marvellous.

Equally as stunning are the creatures in the aquarium's swamp exhibit. The albino alligators make a special impression on me, and I decide to leave the town for the afternoon to explore the bayous.

The Bayou

Our tour boat glides slowly on the green water between floating trunks. My captain smiles and warns me that I don't want to venture into the water — you never know what is crawling and creeping underneath.

During the ride, I can spot the eyes of alligators above the surface. It's when the boat stops and the captain throws some food in the water that I

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The French Quarter. AURÉLIE RESCH/METRO

really get to see how densely populated these swamps are. Three. Four. Now six alligators swim toward the boat, jumping and rolling over one another to snatch a piece of meat.

The captain places a baby alligator in my hands, telling me how long it will take for it to reach its adult size and how powerful its jaws will be. I am not scared, but I'm also not thinking of it as a pet. As the sun begins to set, the bayous turn crimson. It is time to go back to the city.

Nightlife

Sure, New Orleans is crowded and lively in daytime, but when night falls, downtown becomes even more crazy. We find the French Quarter saturated with cheerful groups stepping in and out of pubs, exploring weird bars and boutiques.

Techno, heavy metal and rock music flow out of the shops and bars blending in the streets. Laughter, impromptu dances and strange encounters are on the menu at each corner. Bourbon Street is the core of the action. Here, in the evening, streets are for pedestrians. Tourists, musicians, artists, families are out to party: meaning to have fun, drinking, wandering, listening to jazz music and eating.

Covered in glimmering lights and loud colours, the Big Easy is up for a decadent night.

New Orleans can be loud and brash but she always remains charming and mysterious.

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Los Cabos with a SoCal vibe

Located where the Pacific Ocean meets the Sea of Cortez, Los Cabos has gained a reputation as a desert playground for the stars. Secluded on the southern tip of the Baja peninsula, the communities of Cabo San Lucas and San Jose del Cabo appear more SoCal then Mexico, offering everything from spas and eco tours to exclusive resorts.

DEAN LISK
dean.lisk@metronews.ca

Esperanza, an Auberge Resort

Situated a few minutes outside Cabo San Lucas, the resort hosted Barack Obama and Hillary Rodham Clinton during the G20 conference in 2012. Each of the resort's 57 rooms occupy an entire floor of a series of casitas — small houses — that make up the resort. All rooms face the Sea of Cortez, with the upper floors featuring floor-to-ceiling windows that can be swung open to create an indoor-outdoor living space, including a private hot tub on the terrace. The resort's spa was recently named the best in Latin America by Travel + Leisure. esperanzaresort.com

Flora Farm

Found near San Jose del Cabo, Flora Farm was built more than a decade ago by a California couple keen on carving an organic farm out of the desert landscape. The 10-acre complex has become a popular dining spot for locals and visitors, with everything cooked either grown on site or — in the case of the meat — raised at a second 150-acre farm owned by Flora's owners. Reservations are recommended. flora-farms.com.

Accommodations

- Las Ventanas Al Paraíso. The resort's name translates into Windows to Paradise, and for good reason: from arranging over-the-top wedding proposals to massages for pets, the resort makes sure your every wish is realized. rosewoodhotels.com/en/las-ventanas-los-cabos
- **One & Only Palmilla.** With its original villa built in 1956 as a 15-room luxury hideaway for the son of the President of Mexico and his actress girlfriend, the resort has been hosting Hollywood stars ever since. Not only does it feature one of the few swimmable beaches in the region, but it also boasts the four-bedroom Villa Cortez, a more than 10,000 square foot private hotel-in-a-hotel with a staff of 12. Depending on the season it rents for $11,500 to $22,000 US per night palmilla.oneandonlyresorts.com
- **Capella Pedregal.** Located in Cabos San Lucas, the resort is only accessible through a tunnel that was blasted through a large hill separating the city from the Pacific Ocean. The complex blends seamlessly into the mountainside.

The Arch - El Arco

A rock formation at the southern tip of Cabo, the area features a number of beaches along with eroded areas that act as doorways where the Sea of Cortez crashes against the Pacific Ocean. On the sea side, a series of beaches, like Lovers and Pelican Rock, drop off swiftly, with the water depth reaching 25 to more than 500 feet within a few metres of shore. On the ocean side, the current along Divorce Beach is too strong for swimming, but its position facing west means more tanning time.

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Roll everything minus the kitchen sink into these sweet and salty treats

This is the cookie to make when you're looking to clean out the cupboards.

You'll pack them with all manner of treats — and oddities — from rolled oats, peanuts and chocolate chips to chopped prunes, crushed potato chips and even coffee grounds (trust us on that last one). The more unusual the combination, the better the results. But don't feel you have to stop there. Got any other crackers, chips, nuts or dried fruit handy? Toss them in and let these cookies truly earn their kitchen sink name.

Ingredients

- 1 cup (2 sticks) unsalted butter, room temperature
- 1 cup packed brown sugar
- 1/2 cup granulated sugar
- 1 tsp baking soda
- 1 tsp baking powder
- 1 tsp kosher salt
- 1 egg
- 1 egg yolk
- 2 tsp vanilla extract
- 2 tbsp previously brewed coffee grounds
- 2 cups all-purpose flour
- 3/4 cup rolled oats
- 3/4 cup chopped prunes
- 1 cup crushed wavy potato chips
- 1 cup salted peanuts
- 1 cup chopped bittersweet chocolate

1. Heat the oven to 350 F. Line a large baking sheet with kitchen parchment.

2. In a large bowl, use an electric mixer to beat together the butter, both sugars, baking soda, baking powder and salt until light and fluffy. Beat in the egg, egg yolk, vanilla and coffee grounds. Stir in the flour, then stir in the oats, prunes, potato chips, peanuts and chocolate.

3. Working in batches, scoop one tablespoon-sized balls of dough onto the prepared baking sheet, leaving 2 inches between the cookies. Bake for 11 to 13 minutes, or until light golden brown. Allow the cookies to cool for 5 minutes on the baking sheet before transferring to a rack to cool completely. Allow the baking sheet to cool between batches. Store in an airtight container at room temperature.

THE ASSOCIATED PRESS

Sweet-and-Salty Kitchen Sink Cookies

This recipe makes four and a half dozen cookies. MATTHEW MEAD. THE ASSOCIATED PRESS

Drink of the Week

Bombay Butter Toddy

- 1 and 1/2 oz Bombay Sapphire
- 1/2 oz Drambuie
- 6 oz Mulled Apple Cider
- 1 knob butter

Mulled Apple Cider

- 2 L apple cider
- 4 cinnamon sticks
- 4 orange slices
- 2 tbsp brown sugar
- 1 tbsp nutmeg
- 1 tbsp whole allspice
- 1 tbsp whole cloves
- 1/2 inch fresh ginger (cut into coins)

On medium heat, mull the apple cider for an hour. Stir occasionally. Add Bombay Sapphire, Drambuie and a knob of butter to mug. Pour in mulled cider. Garnish with cinnamon stick and apple slice. Use cinnamon stick to stir in butter as it melts into drink. TROY GILCHRIST/ BOMBAY SAPPHIRE

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Worldly work: the best excuse to say bon voyage

Landing a job in another country will make you work outside your comfort zone and push you to grow. ISTOCK

Have ambition, will travel. Four ways that working while travelling can boost your career

TANIA DESA
TalentEgg.ca

You just sent in another job application.

But while you're trying to line up some much-needed work experience to put on your CV, you secretly dream of jumping on a train with a Euro rail pass and exploring the winding streets of Paris this summer.

Ready for some red-hot truth? You can have both.

The world is flat, haven't you heard? So get your running shoes on and explore the internship opportunities that exist all around the globe. To be sure, it isn't easy. Finding work abroad takes extra effort and some major motivation.

However, working abroad not only gives you the chance to live out the adventure of your dreams — you'll also gain international experience that will differentiate your resumé from the pile.

Still on the fence? Here are the top four ways international work experience could propel your career (and life):

Learn to work with different cultures

Your resumé probably includes some generic skills or experiences. For example, you might describe your retail experience as having taught you to be a "good team member" who "excels at communicating with diverse groups."

These are important skills, but they also sound generic.

Working abroad provides you with a learning experience that is both unique and substantial.

When you find yourself emerged in a new societal culture as well as a new corporate culture, you will double your learning.

You will have the opportunity to observe the unique chain of command, dynamics of team meetings and even lunchtime rituals. Your intercultural competence will grow if you are open to the experiences, observations and stories that unfold.

Make a difference

Taking on a global internship gives you the opportunity to contribute your unique skill set to an organization or a community that needs it

- Perhaps you have a dream of giving back to a community in need or a city in crisis. Taking on a voluntary internship at an NGO, startup or government organization will not only enable you to give back but also equip you with valuable leadership and practical skills that will be stepping stones in your career.

Enhance your employability and resumé

Imagine witnessing how contracts are negotiated in India, how a product is launched in Germany or how the R&D process works in Japan.

By working abroad, you have the unique ability to learn how processes, procedures and business operate in different countries. You will witness and learn to appreciate the differences and similarities between the Canadian and foreign markets. Working abroad can enhance your communication skills, flexibility and adaptability. International assignments give you exposure to emerging or developed foreign markets in order to give you the leading edge in our increasingly globalized world.

Build global networks

Developing a solid community of contacts is an essential career-building step.

Working abroad will enable you to create new global contacts, explore new industries and learn about career avenues you may not even be aware of.

As you mingle with colleagues in the office and make friends outside of work, you will create relationships that can aid in building a truly global career. Learn people's stories and be genuinely curious.

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Back away from the tech device and take it all in

Does the thought of putting your phone down for five minutes send shivers down your spine? Try four hours. ISTOCK

Books without beeps.
A professor pitches the idea of putting cellphones away in hopes of inspiring authentic interaction

VICKI SALEMI
Metro World News

Pick a campus, any campus. As you stroll around, chances are you'll notice fewer students without a tech device than with them: all the more reason for Andrew Reiner, an English professor at Towson University, to teach his course, The Search for Intimacy in the Age of Facebook.

"As I started teaching at the college level, I was getting a vibe there was a lot of disconnect. Whether it was walking to dining halls, libraries or when I'd walk into class — there were endless amounts of phone activity and Facebooking."

Reiner's overall purpose was to help students find authenticity and springboard into relationships with others. He wants his students to disengage online to re-engage offline. For instance, Reiner has given students a tech-free assignment based on an essay from a book called The Sabbath. Reiner realizes that he can't deny students their technology, but he encourages them to become independent from it, taking a four-hour break from social media as part of the class.

"It's really not that long, but to them it was a lifetime," he explains. "They had to do something by themselves that did not involve homework or being plugged in and write a guided reflection. Reflections that came back spoke to a kind of disconnect from themselves."

In another recent assignment, students sat alone in a crowded lunchroom. They weren't allowed to use smartphones, laptops, do schoolwork, use social media or text. "The need to be in touch breeds hyper-conformity. You're like a pariah if you're not on Facebook for a day."

Describing it as a "very deliberate and conscious way" to defy technology, Reiner's goal is to teach students to be in control of technology and not the other way around.

"All it really requires is the willingness to impose some boundaries on the extent to which I get back to people and the speed at which I get back to [them]," he says. Reiner fears that not setting boundaries for technology may have dire implications for society. "I'm scared for our culture, for the world that my 2-year-old is entering into," he says. In order to set boundaries and reconnect with life offline — in addition to regular four-hour "Sabbaths" — Reiner recommends writing monthly letters to tell someone something you have wanted to share for "a few days, months or even years."

And make it meaningful, he recommends: "Tell them something that deeply matters to you, whether it's resentment, hurt or gratitude. … Frame the truth in an honest, respectful tone. [It's] about reconnecting with a deeper, personal authenticity and discovering that confrontation can be civil and productive without the stress."

Students weigh in on letting go of technology

Leonard Randall Chisolm, college sophomore:
"Technology is great; it's a great way to stay in touch.

I think some people abuse it and at times I have abused it but there are some times you have to control yourself and say, 'Get me get back to the real world.' I'll go to the gym and leave my phone down for two or three hours and play basketball. I come back to my phone. I can be okay with it; there are one or two things you may miss but I don't think you're missing the whole world. Maybe you want to be the first person to see a funny video, see a funny picture or a game score but it's the internet so you'll always be able to find it somewhere."

Grace Delmar, university sophomore:
"I try not to use electronics like my phone when I am eating with friends, as I find it impolite and distracting from the present. However, if I am eating alone, it is a much different story. If I were sitting alone at lunch, I would be very uncomfortable without technology. I wouldn't really know what to do or look at."

"I think that's part of the fear of going without technology, though I also think it has to do with worrying about how other perceive you. Though some are comfortable eating alone, I am not, as I feel people might be judging me or feeling sorry for me. Though I'm sure this is not the case, I know many people at many different colleges who feel the same. Having a phone or computer out can be a distraction from this

TalentEgg asks…

#QuestionoftheDay: Is it a bad idea to be Facebook friends with a professional contact? Why (not)?

- **@nikkiwray:** @TalentEgg Depends on company culture. I have been FB friends with my boss + team. We shared fun content on FB @ work! #questionoftheday
- **@mp256: @TalentEgg No.** I prefer to segregate my personal and professional life #QuestionoftheDay
- **@EDSPowell:** @TalentEgg I am Facebook friends with my long-time associate @mikerice. It's never been a problem – he sent me a cat picture on my birthday.
- **@ThatPrince:** @TalentEgg It depends on the circumstances. A lot of community managers become Facebook friends with co-workers to grant admin privileges
- **@Recruit_Campus:** @TalentEgg: #QuestionoftheDay!" Usually yes, I'd recommend waiting until one of you leaves the company before connecting!

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Smart spending habits in school make cents

Wallet wisdom.
Between seminars, study sessions and social events, there are pennies that need to be pinched

RIANA TOPAN
TalentEgg.ca

It can be tough to follow a strict budget at a time when you're constantly bombarded with opportunities to consume.

These simple tips will help you to reduce your spending without feeling like you're making huge sacrifices to your quality of life.

Write it down
If you don't make any effort to track how much money you're spending, you may be setting yourself up for a nasty shock when your credit card bill arrives — or when you finally decide to check your balance online.

Keep a simple tally of the money you spend each day in a notebook or on your phone.

Think outside the box
You don't have to shell out cash every time you want to get together with friends. Instead of going out for drinks, dinner or to a show, try a potluck or dinner in, a board game or movie night, a visit to a museum or gallery (many are free during certain periods) or a casual game of soccer, basketball or volleyball.

You can also try picking up a hobby depending on your interests – like painting or starting your own book club, jogging outdoors or joining a library where you can take out books, CDs and DVDs for free.

Walk the talk, literally
Transportation can be incredibly expensive.

Sometimes it's not possible to walk, cycle or skate to your destination, but whenever you can make a journey on foot, do. When you need to find an alternate means of transportation, choose the bus first – it's usually the cheapest mode of transit. Carpooling is also a good option if you have a friend or colleague with a car.

Get creative in the kitchen
Buying ready-made food and drinks from restaurants, take-out joints or cafés is much less cost effective than making your own meals at home.

To help you make the transition, carry portable snacks like fruit or granola bars with you in case you get hungry on the go. To save time on meal preparation, try doing most of your cooking on a designated day of the week like a Saturday or Sunday, then use the leftovers for lunches and dinners over the following 4-5 days.

Handle with care
The three Rs (reduce, reuse and recycle) don't just apply to protecting the environment.

Reducing the number of purchases you make will help you save money, but you can also get more bang for your buck by taking good care of the items you buy. By being careful with your stuff (clothes, shoes, accessories, books, bags, dishes, pots and pans, cell-

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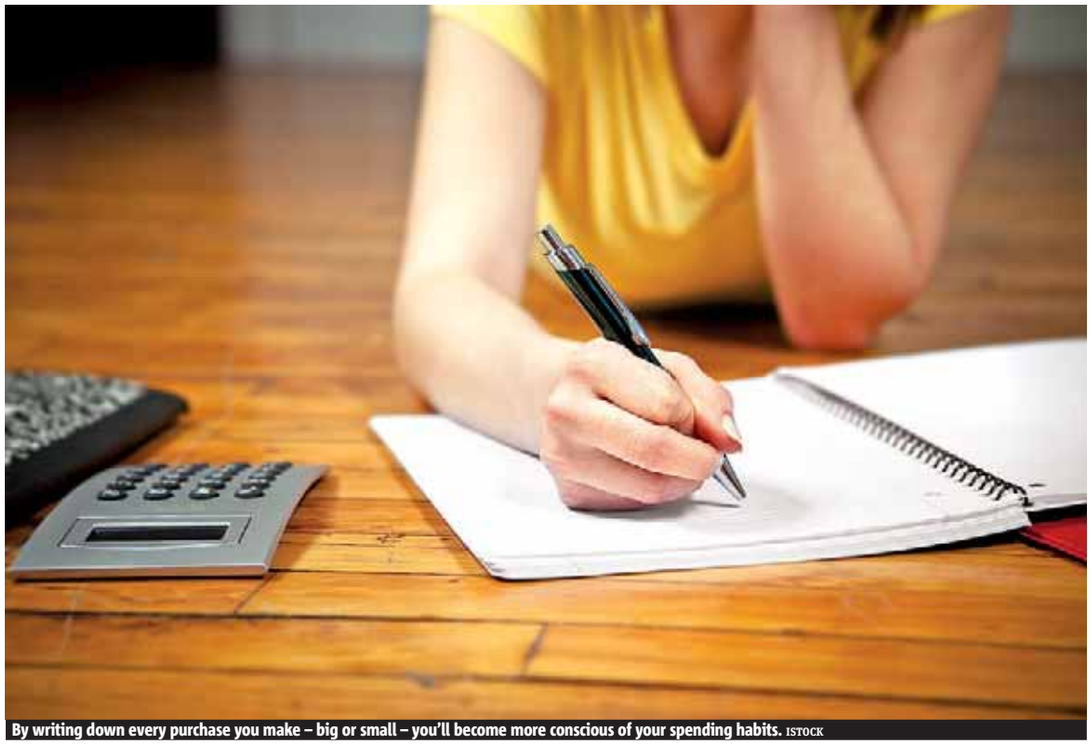

By writing down every purchase you make – big or small – you'll become more conscious of your spending habits. ISTOCK

Plan ahead

When you know that you're going to need to make a purchase soon, like an outfit for a special event or a new car, it pays to shop around

- You know those people who start their holiday shopping in September? They know what they're doing. By getting a head start, they're making sure that they aren't left at the mercy of retailers who know that they can charge more when customers have no other options.

phones and iPods, the list goes on), the longer it will last you and the less often you'll have to buy replacements.

Be thrifty

Try buying clothes, books and household items second-hand. If you're not used to shopping at thrift stores it can be a bit of an adjustment, but you really can't beat the prices. You can check out the larger thrift store chains or shop at independent thrift or consignment stores.

Make sure you give yourself some extra time for shopping since you'll probably want to go through the store one item at a time. Consignment stores are also a great place to get rid of unwanted clothes and get some of your money back without having to go through too much trouble.

Buy smart

Paper products, cleaning supplies, toiletries and non-perishable food items are things you're always going to need – so while it may feel a little odd to buy six tubes of toothpaste, it makes sense to buy extra to maximize your savings.

Invest in a few high-quality items that will save you money over the long run, like a good winter coat, well-made shoes, a strong backpack, a reliable travel mug or high-efficiency home appliances.

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NHL. The Great One scores $8M settlement

Wayne Gretzky at the Capitals-Canadiens game in Washington on Nov. 22. GREG FIUME/GETTY IMAGES

The NHL has reached a settlement with Wayne Gretzky to pay him money owed from his time with the Phoenix Coyotes, multiple sources with knowledge of the situation told The Canadian Press.

It was worth close to $8 million US, according to one source, who spoke on condition of anonymity.

Gretzky was owed money from former Coyotes owner Jerry Moyes. He filed for bankruptcy in 2009, leading to the NHL's ownership of the team until it was sold to a group led by Canadian businessmen this past summer.

Gretzky had served as coach and head of hockey operations before the Coyotes went bankrupt.

He made an appearance on the red carpet at last month's Hockey Hall of Fame induction ceremony at the insistence of Chris Chelios. Since then, he was seen at a Washington Capitals game sitting with owner Ted Leonsis.

But Gretzky hadn't been officially involved with the NHL since the Coyotes situation.

"I'm always close to the game," Gretzky said last month at the Hall of Fame.

"I've chosen at this point in time to take a step back and be a fan like everyone else and watch." THE CANADIAN PRESS

Leafs could have used a bigger boat

Unfriendly waters.
Buds lose 5th straight against red-hot Sharks

Facing the speedy San Jose Sharks, Randy Carlyle knew his Toronto Maple Leafs had to be ready to skate.

For stretches, they did. But penalties stunted Toronto's momentum and helped San Jose to a 4-2 victory Tuesday night at the Air Canada Centre, the Leafs' fifth straight loss.

The Sharks (19-3-5) won their sixth consecutive game and ninth in their past 10, outshooting the Leafs 41-30.

Former Leafs forward Mike Brown, Joe Thornton, Brad Stuart and Logan Couture scored for the Sharks. Mason Raymond and Phil Kessel scored for Toronto (14-11-3), which lost centre Tyler Bozak to an upper-body injury in the second that Carlyle didn't know the severity of.

Early on, it looked like the Leafs would be able to hang with the Sharks as they put up the game's first three shots. Then a roughing penalty to Frazer McLaren gave San Jose a boost.

The Sharks didn't score on the ensuing power play, but they didn't give the puck up much for the rest of the period. Brown opened the scoring exactly midway through the first, tipping a shot from defenceman Jason Demers past Leafs goaltender James Reimer. THE CANADIAN PRESS

On Tuesday

Sharks	Maple Leafs
4	2

The Sharks' Tommy Wingels goes on the attack against Paul Ranger and goalie James Reimer of the Leafs at the Air Canada Centre on Tuesday night. FRANK GUNN/THE CANADIAN PRESS

MLB

Fister excited to join Nationals

New Washington Nationals pitcher Doug Fister was aware of the "rumours going around," as he put it Tuesday, that he or AL Cy Young Award winner Max Scherzer might be traded by the Detroit Tigers.

So while Fister said there's a "world of mixed emotions" about leaving the familiarity and friendships with the Tigers and being "thoroughly excited" about joining the Nationals, he was prepared for Monday's deal.

He went 14-9 with a 3.67 ERA last season.
THE ASSOCIATED PRESS

Skiing

Vonn could return at Lake Louise

Lindsey Vonn has been cleared to begin World Cup downhill training.

The U.S. Ski Team team said that a decision on whether Vonn will return to competition at Lake Louise will be made after Thursday's training session.
THE ASSOCIATED PRESS

NBA

Mozgov a golden Nugget off bench

Timofey Mozgov had 17 points and a career-high 20 rebounds in another superb effort by the Denver bench, and the Nuggets raced by the Brooklyn Nets 111-87 Tuesday night for their seventh straight victory.

The Nuggets got 57 points from the NBA's second-highest scoring second unit.
THE ASSOCIATED PRESS

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Catcher J.P. Arencibia chases down a ball that got away as the Kansas City Royals' Jason Bourgeois scores during a game in Toronto in 2012. The Blue Jays cut Arencibia loose on Monday night. STEVE RUSSELL/TORSTAR NEWS SERVICE

Navarro 'hungry' for starting role: Jays GM

Incoming catcher. With Navarro in, Arencibia out, team hoping for someone who can deliver behind and in front of the plate

Alex Anthopoulos was prepared to stay the course with catcher J.P Arencibia, until he discovered the Toronto Blue Jays could make an upgrade behind the plate with free agent Dioner Navarro.

The Jays officially parted ways with Arencibia on Monday by declining to tender a contract offer to the fourth-year catcher. The move came after Anthopoulos signed Navarro to a two-year, $8-million US deal.

"Dioner had a wonderful year last year in 240 at-bats, and we think that there's some upside there, especially considering his age," the Blue Jays' GM said on a conference call Tuesday. "We just think it's a nice fit, and obviously we'll find out."

Arencibia struggled through the worst season of his career in 2013, with a .194 batting average, 21 home runs and 55 RBIs. The 27-year-old struck out 148 times, 15th-most in Major League Baseball.

Still, Anthopoulos said the decision to replace Arencibia wasn't made until the "last few weeks or so."

The 29-year-old Navarro, a 10-year veteran from Venezuela, has served mostly as a backup but was an all-star with Tampa Bay in 2008. He hit .300 with a career-high 13 home runs in 89 games for the Chicago Cubs last season. He also had 34 runs batted in.

"Navarro was someone who has pretty good contact rate, low strikeouts, pretty good on-base skills, been able to take a walk and work the count," Anthopoulos said. "From a game-calling standpoint, the work that we did on him, everyone really raved about his game-calling, and how guys love throwing to him."

Anthopoulos said Navarro — who's played for the New York Yankees, Los Angeles, Tampa Bay, Cincinnati and the Chicago Cubs — is keen to return to a starting role in the majors.

"The fact that Dioner has played over a hundred games three times in his career, has been an all-star and is only 29, that certainly factored into the decision," he said. "Dioner is very motivated and very hungry to get back to being that everyday guy; he just hasn't had an opportunity to be the everyday guy since he left the Rays."

The GM said he called Arencibia on Sunday night to let him know his plans.

THE CANADIAN PRESS

Other transactions

Catcher Erik Kratz and left-hander Rob Rasmussen were acquired by the Toronto Blue Jays on Tuesday in a trade with the Philadelphia Phillies. Philadelphia gets right-handed pitcher Brad Lincoln in return.

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GT model with Technology Package shown. Certain features available only on 2014 Mazda3 GS and GT models.

2014 Kia Soul

Review. Still quirky, but with a beefier body and classier interior

MIKE GOETZ
Drive@metronews.ca

ALL PHOTOS KIA

When quirky vehicles get their number called at the redesign department deli, they present an interesting dilemma to their design teams. How do you modernize or update them without making them too pretty?

It's much like Keith Richards — you don't want to smooth the hair, button the shirt up, or have him throw on more understated and elegant earrings, so he stops looking like a pirate. People love the pirate! So Kia did what it could only do when redesigning its quirky Soul for 2014 — change everything else except that iconic shape, face and tailgate.

The tailgate design was originally conceived around the idea of a backpack, and looks even more backpack-like this time around. The 2014 Soul is slightly longer and wider and lower than the outgoing model. Losing a bit of that top-heavy look and feel, and moving to a beefier platform, with lots more high-strength and ultra high-strength steel, have created a Soul that handles so much more proficiently and smoothly and quietly than the outgoing model.

Kyle Buller, the product planning supervisor at Kia Canada, says there is just as much high-strength steel in the new Soul as there is in the Audi A3. He adds that the size of the Hyundai-Kia group has enabled it to own and operate its own metal foundry. "We're able to source high-strength steel internally, which really helps in pricing." Buller said Kia initially aimed the Soul at younger buyers, but older folks have gravitated to them because they are so easy to get in and out of… They also give empty-nest baby boomers that tall-in-the saddle-feel of regular SUVs, but without the huge gas bill.

The interior has an upscale feel and a circular theme.

My baby boomer bones agree. The front door is nice and big, and it's easy as pie to slide over to the cushy driver's seat. The entire interior is a fantastic leap from the previous model, which was known for its cheap-feeling interior. This interior is upscale in feel, and entirely conceived in a "circular" theme. Everything that can be made into a round shape had been made into a round shape. The rear tailgate is very light and easy to use. But the load floor is quite high, which eats up a bit of storage space. And the rear seats don't entirely fold forward flat.

Both engines feature state-of-the-art direct injection (GDI in Kia-speak). The base 1.6-litre makes 130 hp and 118 lb-ft of torque, so it's not a rocket, but certainly adequate and certainly fuel-efficient: its City/Highway L/100 km ratings for automatic models are 8.6 and 6.5. The upgrade 2.0-litre engine features dual-cam variable timing, and produces 164 hp and 151 lb-ft of torque, and when hooked up to the 6-speed automatic does the City/Highway thing at 8.8 and 6.5. This engine is also available in an ECO mode, which automatically shuts the engine down at idle (and restarts it soon as you hit the gas). The 2.0-litre in ECO trim knocks the city rating down to 8.4 L/100 km.

The Soul represents pretty good value; especially as it more distinctly styled than most any else you could buy under $20,000. The base LX starts at $16,995, while an automatic LX goes for $18,595. But most people will gravitate to high optioned trims, such as EX ($20,795), EX+ ($21,995), SX ($23,595), and SX Luxury ($26,995). It's hard to not like the Soul. Great style, great utility, very decent on-road performance, fuel economy, and value. And my colleagues seem to agree. Fellow AJAC members have just named it a 2014 Car of the Year in its segment for Best New Family Car Under $30,000.

2014 Kia Soul

- **Type.** Five-door, front-wheel-drive, compact "tall" wagon
- **Engines (hp).** 1.8-litre DOHC I4, (130), 2.0-litre DOHC I4 (164)
- **Transmissions.** Six-speed manual and six-speed automatic
- **Base price (incl. destination).** $16,995

Design

The look has changed little from the previous model, which was originally conceived as the automotive equivalent of a British Bulldog wearing a backpack. Slight lower, longer and wider proportions suggest better on-road performance.

Compare

1. Nissan Juke
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2. Scion xB
   Base price: $18,960

5 DRIVE

Parts department

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A strong clean up

Why use some weak-kneed battery-powered vacuum when you can hook up this handy attachment. The Quick Spiff from Zendex Tool Corporation attaches to the hose of your three-horsepower (or greater) compressed air system and provides up to 100 pounds per square inch of suction. The Quick Spiff features a pistol-grip handle for easy operation and comes with a 40-centimetre flex hose, eight-centimetre dust brush and a 22-centimetre crevice attachment for attacking your vehicle's hard-to-reach nooks and crannies. Also included is a heavy-duty dust bag with a protective rear deflector to reduce ripping or tearing. Buy the Quick Spiff kit for $70 US at zendextool.com.

Powerful expresso

You can spend a lot of money on everything from autos to artwork, but this $15,000 US espresso maker is in a whole other league. Arte Meccanica of Johanesburg, South Africa, has produced a limited number of exotic Espresso Veloce machines that are patterned after current V8 as well as retired V10 and V12 Formula one racing engines. Each model runs about 40 centimetres long and weighs about 20 kilograms. Along with dispensing the primary ingredient through the exhaust pipes, a separate alcohol tank can deliver a shot of your preferred fortified beverage, such as liqueur, grappa, etc. Check out espressoveloce.com.

Back to black

That dull and faded look is a fact of life if you own an aging vehicle with unpainted plastic bumpers and other trim pieces. Meguiar's has the solution to brighten things up with its Ultimate Black Plastic Restorer. This VP-protective clear-coat product promises to refresh plastic as well as vinyl and rubber moldings so that they look as good as new. It will also dry practically on contact without streaking and should last for several weeks before additional applications are needed. A 14-ounce (0.4-litre) bottle of Ultimate Black Plastic Restorer costs about $11 and can be purchased at most auto-parts and department stores, or at meguiarsdirect.com.

Traction attraction

For more low-speed traction over short distances in winter conditions, there's now an effective alternative to hard-to-install chains. A set of Zip Grip Go will provide extra traction to the driving wheels (alloy wheels with pass-through holes for the straps) and install just like plastic tie-downs by attaching through the wheel. Once set in place, each Zip Grip is self-locking so there's no extra tools other than a knife to trim off the excess length and to remove from the wheel when no longer needed (one-time-use only). A package of 12 Zip Grip Go traction aids retails for $20 US is available at zipgripgo.com. Complete details and purchasing can be found at sportube.com.

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The AJAC Car of the Year finalists

Automobiles Journalists Association of Canada Awards.

Mazda takes three categories at the annual announcement

The Mazda3 is a finalist. HANDOUT

The Automobile Journalists Association of Canada has narrowed down 36 potential winners to 12 finalists for the 2014 Canadian Car of the Year Award. A group of 80 AJAC members — journalists representing news outlets from coast to coast — test-drove 174 vehicles during a week-long series of trials in Niagara Falls this past October.

The annual fall new auto test event is conducted to evaluate the vehicles in the dozen categories on the same day, over the same route, including a high-speed test circuit and/or a simulated off-road course or cottage road, depending on the category.

Testers ranked a wide range of attributes covering design, space, quality, performance, safety, economy and value. Professional test drivers also graded every vehicle for acceleration from rest and for passing acceleration and braking.

Transport Canada fuel consumption figures were also factored in. Vehicle traits are weighted differently in the various categories, taking into consideration that aspects like acceleration are more important for a sports car than a pickup truck.

The vehicle's price is also considered in the sense that expensive vehicles should naturally offer better performance and style than lower-priced wheels.

All of the data gathered has been compiled by the accounting firm KPMG. The next step in the process will be the selection the Car of the Year and the Utility Vehicle of the Year (truck or SUV), which will be announced on Feb. 13, 2014.

TORSTAR NEWS SERVICE

12 Category finalists

- **Small Car (under $21k):** Mazda 3
- **Small Car (over $21k):** Mazda 3 Sport
- **Family Car (under $30k):** Kia Soul
- **Family Car (over $30k):** Mazda 6
- **Luxury Car (under $50k):** Lexus IS 350 RWD
- **Luxury Car (over $50k):** Infiniti Q50 Hybrid
- **Sports/Performance ($50k+):** Chevrolet Corvette Stingray
- **Prestige Car (over $75k):** Mercedes-Benz S Class
- **SUV/CUV (under $35k):** Jeep Cherokee
- **SUV/CUV ($35k to $60k):** Kia Sorento
- **SUV/CUV (over $60k):** Acura MDX
- **Pickup:** GMC Sierra

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Time we noticed the car-watch connection

Problems. After the recent introduction of McLaren's supercar companion watch, we look at the relationship between the timepiece and the automobile

AUTO PILOT
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The MP4-12C by TAG Heuer MCLAREN

Bentley Breitling watch. BENTLEY

The McLaren MP4-12C supercar now has a companion watch, the TAG Heuer MP4-12C Chronograph. PHOTO: MCLAREN

The famous Swiss watchmaker TAG Heuer recently introduced a companion watch to the McLaren MP4-12C supercar.

The McLaren MP4-12C accelerates from zero to 60 m.p.h. in about 2.9 seconds, give or take. The TAG Heuer MP4-12C Chronograph accelerates from zero to 60 seconds in, well, exactly 60 seconds, no give or take.

Acceleration times aside, we see that fine watches and fine automobiles share much in common, and their lives have always converged, and continue to converge.

Clocks have always been necessary components of an automobile's dashboard. And the chronograph, which is both a stop watch and a display watch, has evolved into an elegant and iconic timepiece, which makes an evocation connection to the glamour days of automobile racing, when being a "gentlemen and amateur racer" was an actual occupation for privileged men, and privileged women went out of their way to drive expensive open-top sports cars, just so they could show off their fashionable sunglasses and kerchiefs.

But the car-watch connection seems more about their similar natures than how they interact with each other. "Watches and cars are both examples of functional objects that can also be beautiful and timeless — a combination of art and engineering," says Laurance Yap, a watch collector and writer, who also happens to be a gearhead, and director of marketing at Porsche Cars Canada.

He also notes that in the luxury space, both the watches and the cars throw something else on the table — a connection to a great brand. I guess on one level it's the brand snobbery thing, but Yap reminds us about the base elements that make a great brand so compelling…

"All have great histories and great stories behind them."

Everybody's a sucker for a great story. I agree with the notion that we must be prewired to seek out storytellers and great stories, as way of filing our own and collective intelligence.

Or maybe, as Yap also points out, "high-end watches and cars are both shiny and expensive and complicated." Me want watch. Me want car.

Seems to me that the relationship between high-end cars and high-end watches is actually deepening of late. You can't open a car magazine without hitting a swath of watch ads, or running across a column on watches. High-end car and watchmakers are making more and more alliances and creating more and more special edition watches every season. Watches are using design elements from cars, and vice-versa.

The most famous and storied car brand/watch brand allegiance is probably Bentley and Breitling. They go back together a long way, even before David Beckham became Breitling's current famous-person product endorser. To his credit, Beckham is keeping his underwear modeling gig separate; never seen him in a Breitling ad without his pants on. That's classy David, and the way it should be for Breitling, and its automotive partner, Bentley.

To brake, or not to brake? Honda's hybrid knows

Regenerative braking. Be it an emergency stop or slowly pulling up to a red light, the system knows just how to stop while also saving fuel

JIL MCINTOSH
Drive@metronews.ca

The Honda Accord hybrid is has regenerative braking that saves fuel when coasting. JIL MCINTOSH

When you take your foot off the gas pedal, your car starts to slow down. Savvy drivers take advantage of it, letting off the throttle before they need to brake, which can help them save fuel.

Automakers also capitalize on it, including Honda, which has designed an electric servo brake pedal system for its new Accord Hybrid.

"This is mainly for electric and hybrid cars," says Hayato Mori, manager of product planning for Honda Canada. "Anything with a large storage battery."

Hybrid vehicles recharge their batteries through regenerative braking, capturing the kinetic energy when coasting and converting it into electricity. When more energy is captured, the car doesn't use its gasoline engine as much, which saves fuel.

The Accord Hybrid's brake system is essentially the same as with any other car. When you press the brake pedal, it sends hydraulic fluid to each of the car's four wheels, squeezing the brake pads against the brake discs to stop the car.

The difference is that when you put your foot on the pedal, it sends a signal to an electronic control unit, which determines how hard you're pressing it. If you're only touching it lightly, such as when you're slowing down for a red light up ahead, you may not need full braking power yet. If that's the case, the system uses regenerative braking, which slows the car down and also feeds energy into the battery.

When the car's speed drops sufficiently, the system then sends hydraulic pressure to the brakes. It will also go straight to the hydraulic system any time you press the brake pedal firmly, or slam your foot on it during a panic stop, to activate the brakes immediately. The system reacts instantly, and the driver is never in any danger of not having full brakes when they're needed.

Honda estimates that the new system provides eight per cent better regeneration than with its Integrated Motor Assist, used in vehicles such as the Civic Hybrid, and has improved brake control.

Because it's electronic, the brake pedal doesn't feel the way most drivers would expect, so Honda added a spring to it. "It's called a pedal feel simulator," Mori says. "The first few centimetres you're just turning on a switch for the regenerative braking, so this simulates the force as if you're pressing on a normal brake. Most people can't tell the difference."

Brake out the facts

- Cars generate a lot of wasted energy when braking, and automakers are looking at new ways to harness it, both in hybrids and in conventional models.
- When driving a hybrid vehicle, you should try to coast as much as possible, which keeps the battery topped up and saves fuel.
- The regular Honda Accord uses a vacuum actuator for its power brakes, while the Accord Hybrid uses an electric actuator.

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Horoscopes

♈ Aries
March 21 - April 20
You will hear something amazing today but can you believe it? If it sounds too good, check it out first. Commit too soon and you could find you've signed up for something that does you no good.

♉ Taurus
April 21 - May 21
The only thing to fear is fear itself, so put your doubts behind you and plunge headlong into the unknown. That might not sound like a typically Taurus thing to do but, what have you got to lose?

♊ Gemini
May 22 - June 21
Someone in a position of power thinks you're pretty special and if you are smart you will play up to it and make it pay. Use your way with words to get a promotion.

♋ Cancer
June 22 - July 23
If someone is difficult to get along with today, you should make it your business to find out why. Most likely it is nothing too serious and may even be something you are able to help with.

♌ Leo
July 24 - Aug. 23
You may have no particular interest in the chores you are expected to do today, but do them anyway and make sure you do a good job. Come the weekend, you will be free again to pursue your own interests.

♍ Virgo
Aug. 24 - Sept. 23
Family relationships are under favourable stars, so reach out to someone you love and let them know how you feel. Some say Virgos are cool, so now is your chance to prove them wrong.

♎ Libra
Sept. 24 - Oct. 23
Use your head today, especially when dealing with people who tend to get emotional over trivial matters. No matter how agitated they may get, you must stay focused on the facts.

♏ Scorpio
Oct. 24 - Nov. 22
You may have deep feelings about a situation but you must not let emotions get in the way of what needs to be done. Yes, of course, love makes the world go around but it needs a dash of common sense too.

♐ Sagittarius
Nov. 23 - Dec. 21
If a tough decision is called for, you must make it and live with the consequences. The planets warn the worst possible thing you can do is to hedge your bets. Come down on one side of the fence or the other.

♑ Capricorn
Dec. 22 - Jan. 20
Act rationally today, even if it gets you a rep as someone who is all head and no heart. Experience has taught you that people who follow only their emotions usually end up with nothing worth having.

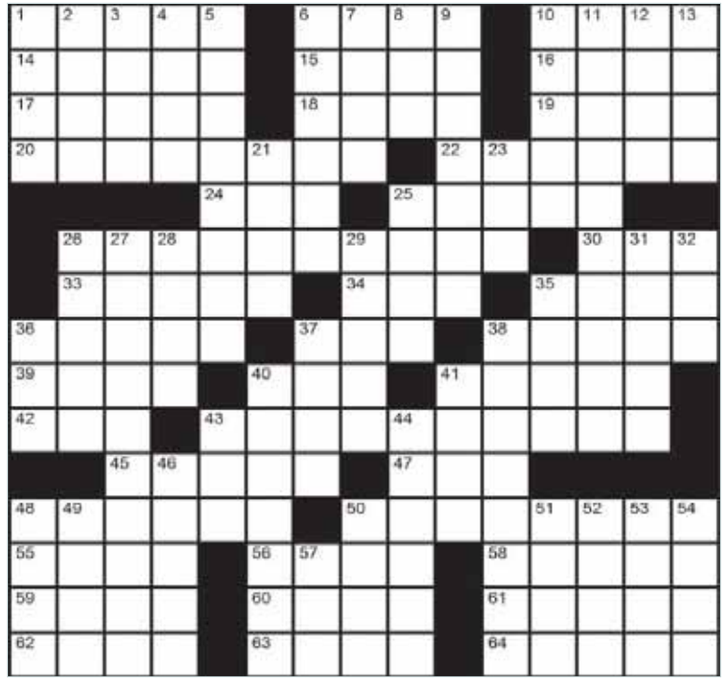
♒ Aquarius
Jan. 21 - Feb. 19
Don't make any hasty decisions today. You may believe you know all the facts but the planets warn there is one little thing you have overlooked — and that one little thing could have very big consequences.

♓ Pisces
Feb. 20 - March 20
Someone who has a lot more experience than you could be of help today, but you need to remember that they can't read your mind. Spell things out for them. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



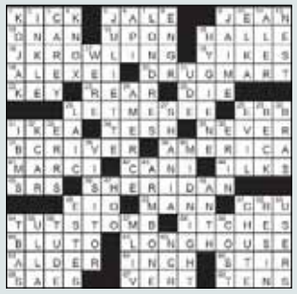
Across

1. Show about Mary, Queen of Scots on which Megan Follows plays Queen Catherine
6. Denied club entry because of it, e.g.: __ _ _
10. Carpentry wedge
14. Gluck opera: __ ed Euridice
15. Consequently
16. "I thought we __ _ deal?"
17. Mr. Eastwood
18. Linguist Mr. Chomsky
19. Jealousy
20. Edmonton-born actress Jill
22. Appearances
24. Scrooge's seasonal sentiment
25. Confusion-causing mess
26. Thomas Mulcair, Leader of the __
30. Pressure meas.
33. Greek Myth: Crete's bronze guardian
34. Ancient Egypt: Sun god's namesakes
35. Look over
36. Mike Myers character
37. __ the Record Man
38. Cook's creations
39. Prefix meaning 'Trillion'
40. Illinois city, for short
41. Rings loudly
42. Jimmy
43. Charlie the __ (Creature on Prime Minister Harper's annual Christmas card)
45. Ms. Jessica Parker
47. Small, small-ly
48. Bruce of "Dragons' Den"
50. Brian __, Canadian sportscaster
55. __ monde (High society)
56. Sandwich time
58. Provide
59. "__ __ way, shape or form!"
60. Util. bill
61. Serviceable
62. Subtraction opp.
63. Mascara spot
64. Routines

Down

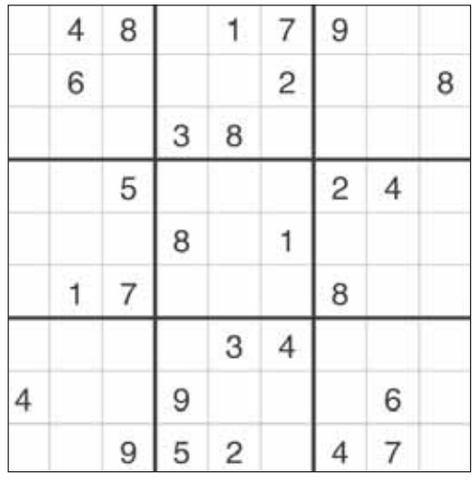
1. Mr. Voisine
2. Perry Mason creator, __ Stanley Gardner
3. "__ __ doubt..."
4. West Coast painter, Robert __
5. Rachel McAdams/Ryan Gosling movie, "The __" (2004)
6. Mayor of Calgary, Naheed __
7. '___ Plata' (Montana's state motto)
8. Grocery store chain
9. Pizza chain
10. Bundle
11. Upon answering the phone, hearing 'click': 2 wds.
12. '50s song: "If I Knew You Were Comin' __ Baked a Cake"
13. "Ain't That the Truth" by Canadian rocker Matt __
21. Back talk
23. Earth inhabitant
25. Thailand, formerly
26. Survey selection
27. Ontario town on Georgian Bay: 2 wds.
28. Entreaty
29. Public transport
31. Dance style
32. Advantages
35. Sigil
36. '90s gr.
37. __-Tzu (Cute dog)
38. Food Labels: Best Before... = __ Avant...
40. Station
41. __ and Don, The Everly Brothers
43. __-Magnon
44. Settle the deal
46. Country great Hoyt
48. Christmastime 'pet'
49. Author Ayn
50. Troubles
51. Keen on
52. Mine entrance
53. Donkey/horse
54. Spots
57. 'Pay' suffix

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

7	8	1	3	5	6	2	9	4
6	5	9	8	4	2	7	3	1
3	2	4	1	7	9	6	5	8
4	9	2	5	3	1	8	6	7
8	7	3	6	9	4	1	2	5
1	6	5	7	2	8	3	4	9
5	1	7	9	6	3	4	8	2
9	4	6	2	8	7	5	1	3
2	3	8	4	1	5	9	7	6

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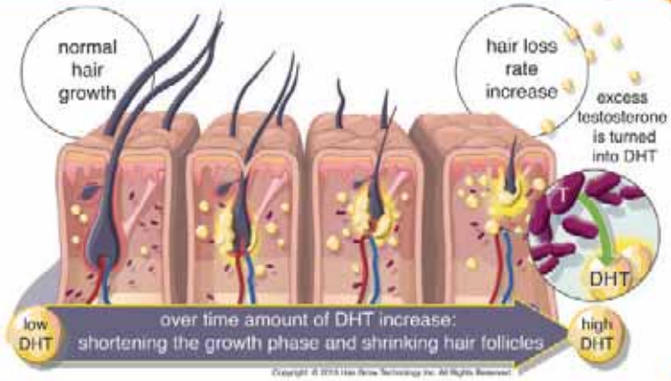
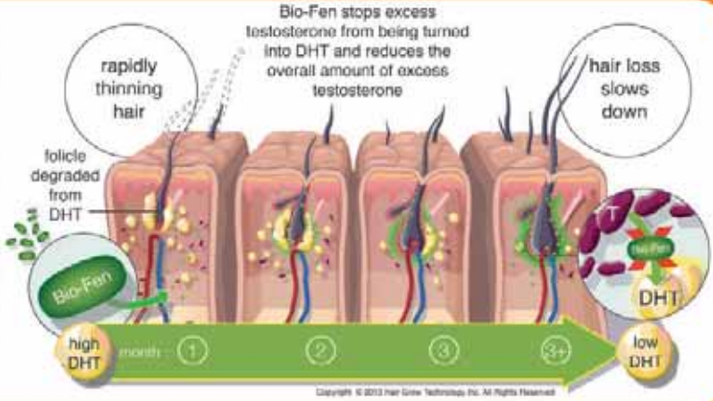
What Causes Hair Loss?

Hair loss is caused by multiple factors; health, medication, diet, stress, illness and hereditary genetics. One major reason is hereditary genetics which determine our potential hair loss condition. Some people see hair loss in their 20's, while others see little hair loss over their lifetime. An enzyme called 5-alpha reductase converts testosterone into dihydrotestosterone (DHT), which inhibits hair production and degrade the follicles over time. This condition is known as androgenic alopecia (AGA), also called male and female pattern baldness. As DHT attack the hair follicles it will lead to thinner and more fragile hair as you age.


normal hair growth
hair loss rate increase
excess testosterone is turned into DHT
DHT
low DHT
over time amount of DHT increase:
shortening the growth phase and shrinking hair follicles
high DHT

How does Bio-Fen® PLUS work?

The fenugreek seed extract in both formulas reduces excess blood lipid levels. Fenugreek contains an active plant sterol, which has been shown to inhibit 5-alpha-reductase activity – the enzyme responsible for converting excess testosterone to *DHT* (which is the primary molecule that causes hair loss). The SDG from flax lignans in both formulas also decreases excess cholesterol - the building block of testosterone. Based on new research on the rate of metabolism of SDG in flax lignans (8-12 hours on average).



How long must I use Bio-Fen® Plus?

Bio-Fen® Plus for Men capsules are usually effective at stopping hair loss within the first two months. However, since healthy hair grows only about 1 cm each month, it may take up to three months before you notice that hair growth is increased or the rate of hair loss is decreased. Anyone experiencing new growth should see it within four months. Once you stop completely your hair growth pattern will slowly go back to the point where you started.

See our website to locate your nearest store that carries *Bio-Fen® Plus.*

www.biofen.com • 1-866-424-7745

Available at Health Food Stores, Supplement Stores & Independent Pharmacies

Bio-Fen® Plus for Men will also help to:

- ***Relieve the urologic symptoms associated with mild to moderate benign prostatic hyperplasia - BPH*** *(e.g. weak urine flow, incomplete voiding, frequent daytime and night time urination).*
- ***Reduce elevated blood lipid levels / hyperlipidemia.***

Bio-Fen® Plus for Women will also help to:

- ***Reduce elevated blood lipid levels/hyperlipidemia***
- ***Prevent iron deficiency.***
- ***Metabolize carbohydrates, fats and proteins.***

Save $5.00 off your purchase!

COUPON:

Each coupon is valid for one bottle of Bio-Fen® Plus for Men or Bio-Fen® Plus for Women. Valid one coupon per bottle. Coupon is void when reproduced or altered in anyway. Coupon expires on **December 31, 2013.** Retailers must submit all coupons with a copy of the receipt for reimbursement to Hair Grow Technology with 30 days after the expiration date.

kia.ca ›

DON'T PAY 'TIL SPRING¤

OR CHOOSE UP TO 750 EXTRA BONUS

UP TO 0%** FINANCING 84 MONTHS

ON SELECT MODELS

KIA WINTERFEST

CAR-A-DAY GIVEAWAY~

30 CARS LEFT! 60 DAYS.

DAILY DRAWS! ENTER EARLY TO INCREASE YOUR CHANCES OF WINNING!

Rondo EX Luxury shown△

reddot design award winner 2013 — 7 PASSENGER SEATING AVAILABLE

THE ALL-NEW 2014 RONDO

HWY (M/T): 6.2L/100KM
CITY (M/T): 9.4L/100KM

WIN IT

OR

OWN IT FOR ONLY $19,893‹

INCLUDES $4,000‡ CASH SAVINGS

OR CHOOSE 0%** APR UP TO 84 MONTHS

Offer includes delivery, destination, fees and **$4,000 CASH SAVINGS‡**. Offer based on 2014 Rondo LX MT with a purchase price of **$23,893**. Excludes HST.

Sportage SX shown△

AWD AVAILABLE ALL-WHEEL DRIVE

2013 SPORTAGE

HWY (A/T): 6.5L/100KM
CITY (A/T): 9.7L/100KM

WIN IT

OR

OWN IT FROM $127≠ BI-WEEKLY AT 0% APR

+ DON'T PAY 'TIL SPRING¤ OR GET UP TO 300 EXTRA BONUS

Bi-weekly for 60 months, amortized over 84 months with **$0 DOWN PAYMENT**. Offer includes delivery, destination, fees and **$1,000 LOAN SAVINGS**. Offer based on 2013 Sportage 2.4L LX MT FWD with a purchase price of **$24,178**. Excludes HST.

Forte SX shown△

THE ALL-NEW 2014 FORTE

HWY (M/T): 5.3L/100KM
CITY (M/T): 8.0L/100KM

WIN IT

OR

OWN IT FOR ONLY $13,913‹

INCLUDES $4,000‡ CASH SAVINGS

OR CHOOSE 0%** APR UP TO 84 MONTHS

Offer includes delivery, destination, fees and **$4,000 CASH SAVINGS‡**. Offer based on 2014 Forte Sedan LX MT with a purchase price of **$17,913**. Excludes HST.

OFFER ENDS JANUARY 2ND

5 Year Warranty* WE'VE GOT YOU COVERED *5-year/100,000 km worry-free comprehensive warranty.

DEFLATE THE ELEPHANT.com

SPEAK UP AGAINST IMPAIRED DRIVING /deflatetheelephant

Proud Partner of madd Saving Lives, Supporting Victims

GTA KIA .ca

Kia's new Customer Friendly Pricing includes delivery and destination fees, dealer admin. fee up to $399 and all mandatory government levies. Prices do not include licensing or applicable taxes.

KIA The Power to Surprise

Offer(s) available on select new 2013/2014 models through participating dealers to qualified retail customers who take delivery by January 2, 2014. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to $1,665, $34 tire recycling/filter charges, $5 OMVIC fee, environmental fee, variable dealer administration fees (up to $399) and $100 A/C charge (where applicable) and excludes licensing, registration, insurance, other taxes and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. **0% purchase financing is available on select new 2013/2014 Kia models O.A.C. Terms vary by model and trim, see dealer for complete details. ***Don't Pay Until Spring*** offer (180-day payment deferral) applies to purchase financing on select new 2013/2014 models. No interest will accrue during the first 150 days of the finance contract. After this period, interest accrues and the purchaser will repay both the principal and interest monthly over the contract's term. Cannot be combined with "up to $750 customer bonus". $Up to $750 customer bonus is available on 2014 Cadenza ($750), 2013/2014 Rio4&5 door ($200), 2013/2014 Soul ($250), 2014 Forte ($250), 2013/2014 Optima/Optima Hybrid ($300), 2013/2014 Sportage ($300), 2014 Sorento ($375), 2014 Rondo ($300), 2014 Sedona ($400). Savings cannot be combined with Don't Pay Until Spring offer. Offer only available on finance terms, not cash or lease offers. ≠Bi-weekly finance payment O.A.C. for 2013 Sportage 2.4L LX MT FWD (SP55D) based on a selling price of $24,178 is $127 with an APR of 0% for 60 months, amortized over an 84-month period. Offer includes loan savings of $1,000. Estimated remaining principal balance of $6,622 plus applicable taxes due at end of 60-month period. Retailer may sell for less. See dealer for full details. ‹Cash purchase price for the new 2014 Forte Sedan LX MT (F054IE)/2014 Rondo LX MT (RN55IE) is $13,915/$19,895 and includes a cash savings of $4,000 (which is deducted from the negotiated selling price before taxes and cannot be combined with special lease and finance offers, including the Don't Pay Until Spring offer). Retailer may sell for less. ^$6,600 cash savings is available on 2013 Optima Hybrid. $4,000 cash savings on the cash purchase of an eligible new 2014 Forte Sedan LX MT (F054IE)/2014 Rondo LX MT (RN55IE) from a participating dealer between December 3, 2013-January 2, 2014, is deducted from the selling price before taxes and cannot be combined with special lease/finance offers and Don't Pay Until Spring offer. Some conditions apply. ~NO PURCHASE NECESSARY. Phase 1: the mail-in entry period for phase 1 begins on October 29, 2013, at 12:00:01 a.m. Eastern Time and ends on November 27, 2013, at 11:59:59 p.m. ET. The vehicle purchase entry period for phase 1 begins on November 1, 2013, at the start of regular business hours at participating Kia dealerships in Canada and ends at the close of regular business hours at participating dealerships on November 30, 2013. Phase 2: the mail-in entry period for phase 2 begins on November 26, 2013, at 12:00:01 a.m. Eastern Time and ends on December 26, 2013, at 11:59:59 p.m. ET. The vehicle purchase entry period for phase 2 begins on December 1, 2013, at the start of regular business hours at participating dealerships and ends at the close of regular business hours at participating dealerships on December 31, 2013. Open to age-of-majority residents of Canada. 60 Prizes (30 attributed to Phase 1 and 30 attributed to Phase 2), each consisting of a cheque that may range in value from $15,350 to $46,859. Odds of winning a Phase 1 Prize depend on the number of eligible Phase 1 Entries received before the applicable Phase 1 Draw Date. Odds of winning a Phase 2 Prize depend on the number of eligible Phase 2 Entries received before the applicable Phase 2 Draw Date. Skill-testing question required. For full contest rules and no-purchase entry details, visit www.kia.ca. ¤Model shown Manufacturer Suggested Retail Price for 2014 Forte SX (FO748E)/2013 Sportage 2.0T SX Navigation (SP75DD)/2014 Rondo EX Luxury (RN75GE) is $26,195/$39,145/$32,195. ^Highway/city fuel consumption is based on the 2014 Forte 1.8L MPI 4-cyl (M/T)/2013 Sportage 2.4L MPI 4-cyl (A/T)/2014 Rondo 2.0L GDI 4-cyl (M/T). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.